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THE  
HOUSE WE LIVE IN:

HOW TO KEEP IT IN ORDER;

OR,

THE EXPERIENCE OF SEVENTY YEARS' SUCCESSFUL  
PRACTICE OF THE MEDICAL PROFESSION,

EAST AND WEST,

IN

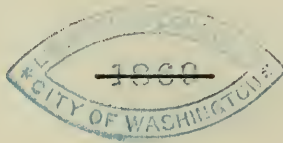
*PLAIN ENGLISH FOR THE PEOPLE.*

BY

DRS. PARKER SEDGWICK AND S. P. SEDGWICK,

*Wheaton, Illinois,*

AUTHORS OF "SCARLET FEVER, DIPHTHERIA, CHOLERA INFANTUM, TYPHOID AND  
TYPHUS FEVERS, AND HOW TO CURE THEM."



CHICAGO:

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## DEDICATION.

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To the good people of Bloomingdale and vicinity, with whom we have lived, and for whom we have prescribed for more than twenty-two years — many of whom have become attached to us and we to them, by having together passed through the dark waters of affliction. To those who aided us when we needed aid; who comforted us when we were afflicted; who were our friends when enemies would have destroyed us; who have had confidence in our ability, under God, to aid them when they were struggling with pain and disease; — in short, to all whom we have loved and who have loved us, this work is dedicated, hoping it will be the means of continuing those sentiments of respect, esteem, confidence and love which have formed the bond of union between us for so many years, and that the golden chain of sympathy may continue untarnished until time with us shall be no more.

S. P. SEDGWICK.

WHEATON, ILL., *July*, 1868.





## NOTICE TO THE READER.

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FOR the publication of this work, I alone am responsible. I have thought for several years that the successful manner in which my father, Parker Sedgwick, M.D., and myself have ever treated several diseases, considered by all authors and the *medical faculty* as necessarily fatal, in many malignant cases, should be known to the public, and that it would be wrong to withhold that knowledge. I was not so clear about the way in which this should be done. The profession, as a whole, rejected it with contempt. I have no unkind feelings towards any of them; I know the world is full of humbugs; I only regret that they reject the only known means for curing, with certainty, those terrible diseases, Scarlet Fever, Diphtheria, Cholera Infantum, etc., etc. I hope a confiding public will not suffer on account of their prejudice (I will not call it by a harsher name).

I have, as will be seen on another page, taken means to secure the benefit of years of study and labor, and offer it to you at a price bringing it within the reach of all. Clergymen who live by their profession, and indigent persons, will be furnished with the book at cost of publication.

At my solicitation, my father has assisted me in the preparation of the work. He has written articles, given the history of cases, and described particular diseases at my request. Every article written by him is signed "P. S." For every thing else in the work, I alone am responsible.\* It has at least the merit of being original. It is the result of

\* For the list of poisons, I am indebted to Dr. Dunglison's Medical and Surgical Dictionary.

observation and experience of two physicians whose success has not been surpassed by any in the country. I practiced medicine constantly more than twenty years, and I do but state a fact when I say that I did not lose twenty patients, young and old, in that time. I believe father's success has been equally marked. I will not deny that I feel proud of this record.\*

I call your attention to the certificates of friends, patrons and acquaintances, in the back part of the book. These are only a part of the many that have been freely offered, but they are from persons whose character and position in society are a sufficient guarantee that they speak only what they know to be true.

\* When there is any disagreement between father and myself in the treatment of any particular disease, the plan of both is given.

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## PATENT AND SPECIFICATIONS.

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No. 76,832.

### THE UNITED STATES OF AMERICA.

*To all to whom these Letters Patent shall come :*

Whereas S. P. Sedgwick, of Wheaton, Illinois, has alleged that he has invented a new and useful improved medicine, and has made oath that he is a citizen of the United States, that he verily believes he is the original and first inventor or discoverer of the said invention, and that the same hath not, to his knowledge and belief, been previously known or used; has paid into the Treasury of the United States the sum of thirty-five dollars, and presented a petition to the Commissioner of Patents, praying that a patent may be issued therefor,—

These are therefore to grant to the said S. P. Sedgwick, his executors, administrators or assigns, for the term of seventeen years from the fourteenth day of April, one thousand eight hundred and sixty-eight, the full and exclusive right and liberty of making, using and vending to others to be used, the said invention, a description whereof is given in the annexed schedule, and made a part of these presents.

In testimony whereof, I have caused these Letters to be  
[SEAL.] made Patent, and the seal of the Patent Office to be hereunto affixed.

Given under my hand, at the city of Washington, this fourteenth day of April, in the year of our Lord one thousand eight hundred and sixty-eight, and of the Independence of the United States of America the ninety-second.

W. T. OTTO, *Acting Secretary of the Interior.*

A. M. STOUT, *Acting Commissioner of Patents.*

Countersigned and Sealed with the  
Seal of the Patent Office.



UNITED STATES PATENT OFFICE.

S. P. SEDGWICK, OF WHEATON, ILLINOIS.

Letters Patent No. 76,832, dated April 14, 1868.

IMPROVED MEDICINE.

The Schedule referred to in these Letters Patent, and making part of the same.

*To all whom it may concern :*

Be it known that I, S. P. Sedgwick, of Wheaton, in the county of Du Page, and State of Illinois, have invented a new and efficient Specific for Scarlet Fever and Diphtheria ; and I do hereby declare that the following is a full, clear, and exact description thereof, which will enable those skilled in the art to make and use the same.

The within-described medicine, for the cure of Scarlet Fever and Diphtheria, is prepared and believed to be efficacious upon the principle that whatever the remote cause of these diseases may be, whether epidemic or contagious, the immediate proximate cause is a viscid, acrid, glutinous mucous lining of the stomach, and that if this is removed by a remedy that will not operate as physic, and will, at the same time, change the tone of the stomach so that it will not again secrete the mucus aforesaid, the patient will recover.

I prepare the medicine as follows :

Sulphate of copper, or acetate of copper, half ounce.

Ipecac, half ounce.

These substances are well pulverized and mixed, and into this mixture are put six ounces of strong sage tea, sweetened with sugar, and a table-spoonful of alcohol is added to the whole.

One drachm of this is given the patient every fifteen minutes, until the patient has vomited freely two or three times, warm drinks being given in the meantime.

If the mucous substance is discharged freely, and then the warm drinks only are ejected, it is sufficient.

If the mucus is not discharged, the emetic is to be repeated every five or six hours until that result is attained.

Before taking the emetic, the patient is to be prepared, as in other cases, by having the extremities warmed and the system in a state of as equal circulation as possible.



The medicine is to be used as a gargle for the throat in case of ulcers therein; and, as the mucous is acid, after the operation of the emetic, I give, every two or three hours, a dessert-spoonful of the following mixture:

Bicarbonate of soda, one tea-spoonful.

Paregoric, one table-spoonful.

Water, half a pint.

Loaf-sugar, half an ounce.

I claim as new, and desire to secure by Letters Patent—

The medicine or specific, composed of the ingredients about in the proportion as set forth, for the purpose specified.

S. P. SEDGWICK.

*Witnesses :*

E. W. FISHER.

G. B. VA DINE.

## CHAPTER I.

### OBJECT AND CONTENTS.

THE object in writing and publishing this work is not to make every person his own doctor, and thus do away with the services of physicians entirely ; but it is hoped that it will have some effect in breaking down the partition-wall that divides the profession from the people, and awaken in the minds of the people a desire to know something about the "frail tenement in which we live," its diseases and means of cure ; and also enable them to distinguish between physicians who understand their profession and know its duties, and those who have embraced it as a means of making a fortune. It will enable you to distinguish one disease from another, and to treat all ordinary diseases that are not dangerous in their tendency without employing a physician.

We are aware that few physicians, even those who are eminent in the profession, will risk their own lives or the lives of their families in their own hands, when they are afflicted with a violent and dangerous disease. At such a time we want a living physician, in whom we place confidence, with whom we can counsel and advise. But all ordinary diseases, by being particular in examining into the symptoms, so as not.

to confound it with some other disease that needs different treatment, you *can* manage yourself, and save the trouble and expense of employing a physician. But do not go in the dark; if you are not sure, consult an honest, intelligent physician.

It will tell you how to prepare, and when to use, various Expectorants, Elixirs, Cough Medicines, Liniments, Pills, etc.; and thus avoid the necessity of purchasing any of the various patent medicines extant.

It will tell you how to cure several terrible diseases that the profession do not pretend are curable in malignant cases. These are, Scarlet Fever, Diphtheria, Cholera Infantum, and Typhoid and Typhus Fever, Epilepsy and St. Vitus' Dance.

Father has practiced medicine nearly fifty years, and I nearly twenty-five — together over seventy years — and can say, with truth, that neither of us ever lost a patient with either of these diseases, unless it was complicated with some other disease, fatal in itself, or the patient in a dying state when the visit was made — (we do not pretend to raise the dead). You will find full directions in these pages which, if followed, will not fail to cure.

The treatment of Scarlet Fever and Diphtheria is secured by Letters Patent from the United States, and no person will be allowed to prescribe and use it without authority. Every purchaser of this work has a deed, giving him a right to use it in his family.

One hundred dollars reward will be paid to any person who will furnish proof that this remedy has been used without authority from me.

It gives full directions for the treatment of all chronic diseases, illustrated by cases, giving the treatment, and showing its effects from day to day.

Every thing is written plainly in the English language, and it is issued with the confident belief that it will be worth many times its cost to every purchaser who gives it a thorough examination, and acts upon its advice.

It gives an antidote for every known poison, so far as any antidote is known.

It is itself a perfect family physician. It describes all diseases (except some few that come properly under the head of surgery); tells you how to distinguish one disease from another, when they are so nearly alike that there is any danger of mistake; tells how to cure all curable diseases, in so plain a manner that you will have perfect confidence in your ability to manage all ordinary diseases yourself; and in cases where you would have doubts of your own ability, it will give you such information that you will be able to decide whether or not your physician is managing the case in a scientific manner.

It gives directions for taking care of the sick, both adults and children.

It tells how to prepare food and nourishment for the sick.

It is, excepting the Bible, of more value to any family than any other book published.

It gives you the right to prepare and use medicines that are sure to cure Scarlet Fever, Diphtheria and Cholera Infantum — three diseases which are said to destroy more than half the children (born in our large towns and cities) before they arrive at the age of five years. Without purchasing this book, no person has a right to use those remedies.

We do not ask you to take our word for the truth of what we say; but present the proof, to which we invite your careful attention. Please read that, and the introduction, and you can not fail to be satisfied.



## CHAPTER II.

### INTRODUCTION — SOME OF THE MYSTERIES OF THE MEDICAL PROFESSION EXPLAINED, AND INFORMATION FOR THE READER.

IN commencing this work, I am aware that I am treading upon dangerous and forbidden ground. It has ever been the aim and object of the medical faculty to surround the so-called medical science with mystery. It is urged upon the students in all the medical schools to make their prescriptions in an unknown tongue, or, rather, in a dead language. If the common people—their patients—could read their prescriptions, they might learn how simple, or how poisonous, some of their remedies are; or they might, perchance, know how to prescribe for themselves, or their friends, when suffering from a similar disease. When two or more physicians are called together to consult over a severe case, if they converse about it in presence of the patient, or his or her friends, the same dead language must be used. It will not answer to talk the plain, honest truth. If the physician in attendance has prescribed ignorantly and wrongly, even to the injury of the patient, the rules of medical ethics require that that ignorance

and injury should be covered up; the brother doctor must not suffer in his reputation, though the patient does, both in body and mind. The council may change the treatment radically, but they will agree that it has been right up to that time. All these rules, and many more, are urged upon students by their teachers and professors, that the people may be kept in ignorance, not only of themselves — of all that appertains to disease and the proper remedies therefor — but also of the misery, pain and premature death caused by the ignorance, or want of skill, of a weak brother; if, perchance, he belongs to the same order, and has been so lucky as to be admitted within the sacred precincts of the “regular medical society,” all of whose members are expected to make the same extortionate charges. The rules in reference to the treatment of the brethren when called in council must be observed. “Regulars” must be protected, even if they do some times make a mistake by which their patients suffer; and if one should have honesty and temerity sufficient to prompt him to call things by their right names, or if he should happen to belong to that class who are willing to “let others live as well as live himself,” and thus fail to charge more than a fair compensation for his services, in disregard of the rules of the “regular medical society,” the hand of fellowship is withdrawn from him, and he is no longer entitled to the protection of the society. After this, it would be possible for him to make a prescription

that would not answer at all, indeed, he might be guilty of "malpractice."

If a mechanic invents any new tool or machine that is of great value, he may procure a patent, and enjoy the benefit of his genius; but if a regular physician discovers any new and valuable remedy, or new combination of remedies, he must impart that knowledge to his brethren, without fee or hope of reward, under penalty of being excluded from their society, and publicly branded as a quack. Let a physician put out a secret remedy for any particular disease — it may cure every case, or it may not, all the same to the regulars — they will pronounce the medicine a humbug, and its author a quack. Consequently, the public, who are not posted, do not know what medicine to place confidence in, and what to give a wide berth to.

Dr. Jayne, an eminent physician of Philadelphia, put up several medicines which were kept secret from the profession. He was immediately denounced as a quack, and the faculty would not associate with him professionally. Nevertheless, his medicines spread over the whole earth, and he died worth millions of money, and his name is honored by millions of people in all climes. His medicines were valuable, and, consequently, won their way to public favor, in spite of the "humbug and quack" cry of the profession, members of which, in many places, were not able even to maintain a practice in competition with Jayne's

medicines. This does not prove that it is policy, or even economy, to use Jayne's medicines; but it does prove that Jayne's medicines are more reliable than poor physicians. There are many honorable, honest, successful physicians. If all, or if even the large majority, were such, proprietary medicines would never obtain any great circulation. It is because physicians have such poor success, lose so many patients where they have promised recovery, disappointed, if not deceived, their patrons so many times, and enveloped the profession in so much mystery, burying English under a shower of technical terms that often they do not themselves understand. These are some of the reasons why the public have so little confidence in the profession as a whole, and why they spend their money buying patent medicines, the composition of which they know nothing about. It is all the same with them, if they procure a prescription of a physician; it is in an unknown language, and they think they might as well buy a secret remedy at the start, as to pay a physician for a prescription of which they know nothing, and then pay the druggist for the medicine. If the faculty would try to educate the people, rather than keep them in ignorance, upon the subject of diseases and the nature of medicines—talk to them in plain English, and write their prescriptions in the same language, the time would soon come when the bare fact that a



medicine was a secret, would condemn it in every intelligent community.

As I have remarked, Dr. Jayne has succeeded in spreading his medicines wherever the name of America is known, and in building up a colossal fortune and a world-wide reputation. Dr. Ayer has done the same thing. The fact is, their medicines are valuable remedies for the diseases for which they are recommended. If the diseases were always true to name, and ever manifested the same symptoms, proprietary medicines, compounded by men like Jayne and Ayer—men who really understand their profession, and had moral courage enough to brave the storm of reproach and obliquy that was sure to be heaped upon them—would answer as well as the living physician, who was their equal in medical knowledge.

But, unfortunately for patent medicine venders, diseases of the same name manifest different symptoms, and need different treatment. This is the reason why so many young physicians are unsuccessful. They find a name for the disease, and then prescribe according to their books, and are astonished to find their patients do not recover. Ignorant men, taking advantage of the success of such men as Jayne and Ayer, and knowing that the faculty could say no worse things about medicines which were worthless, and prepared for certain diseases without the least knowledge of such diseases, or of the nature



and effect of the medicines used, have flooded the country with nostrums advertised to cure every disease to which human flesh is heir. The public, having been deceived by the senseless cry of quackery raised by the profession in reference to medicines truly valuable, and prepared upon scientific principles, pay no sort of attention to the warnings given them against medicines which are not only worthless but positively injurious. Is it strange that the people will patronize patent medicines, the nature and effect of which they are ignorant, merely for the reason that they see them advertised as a certain cure for the disease from which they are suffering? It is not strange; every thing is kept a secret from them, and they are purposely kept in the dark. If they apply to a "regular," his prescription is a secret, a mystery. If they buy patent medicines, it is the same thing to them. Light and knowledge for the people is what is needed, to put a stop to the success of humbuggery and quackery in every form. If the people had been educated to know themselves, and understood the nature and use of the different medicines; if physicians were in the habit of being frank and truthful to their patients, and of using the English language in all their communications with them, and had encouraged the introduction of the rudiments of medical knowledge in our public schools, it would be impossible to sell patent medicines to any extent, unless every package contained, not only directions

for using, but also informed the buyer just what the medicine was composed of, its nature, and the effect it was expected to have upon the system.

Physicians will not prescribe or use patent medicines unless they know what medicines are used in their composition, and the proportion of each. So it would be with the common people, if they understood the nature of medicines — their action upon the system, both in health and disease. If every individual, male and female, should spend even one whole year of their school days in obtaining this knowledge, who can tell its effect upon the generation to come? Why is every thing connected with disease and medicine so completely overlooked by every young person, unless designing to make it a profession? Until the people are informed upon this important subject, the most wicked and worthless preparations will have a temporary success. I have heard many physicians express astonishment that people would buy medicines of which they knew nothing, and compounded by those of whom they knew nothing, merely because they were advertised as a sure cure for certain diseases. It is not strange; it is only a matter of astonishment to me that so few persons buy and take patent medicines. “All that a man hath will he give for his life.”

It will be admitted by every well-educated, intelligent physician, who has been successful, that nine out of every ten physicians, particularly for the first

ten or fifteen years of their practice, do more hurt than good. This is a fact, seen, felt and understood by the mass of the people. Notwithstanding this truth, a physician that is justly entitled to the confidence of the people, can not be too highly prized. but he must be a man of sound and ready judgment; one that knows every time what to give and when to give it, as well as when to withhold it; one that knows that there is a strong tendency in the human system towards health, and that nature, left to herself, is a great restorer; one that realizes that his business is to watch the efforts of nature, and if he sees an opportunity to aid her in those efforts, do so; if not, do nothing. If you are blessed with such a one, hold fast to him; you may not find another by trying a hundred. It is no effort for him to maintain his medical dignity. He does not find it necessary to run down neighboring physicians in order to build himself up; he is conscious of his own integrity, has confidence in his own judgment, and, consequently, he is ever ready to meet counsel. He is honest, and will tell you plainly what his opinion of your case is; will never try to make you believe you are dangerously sick, in order to have you think that he has performed a great cure. If you are in danger, he will not trifle with you; you need have no fears that he will keep you sick a day in order to make a long bill; you can repose perfect confidence in him, he will not betray

you. I will not draw the picture of his opposite, you can see it any where.

Having this opinion, knowing what efforts have been made, and are still being made, to keep the people in ignorance upon this subject, I can not blame any body who lacks a confidence in the profession; and although I can not see how they can have any more confidence in the nostrums of perfect strangers, I know they read the certificates; they have so far failed of procuring help. "This medicine has cured others in my condition; it may cure me. I will try it." It is natural—it is human.

If patent medicines could be relied upon to do what is claimed for them, still they ought not to be patronized, on account of their cost. They are made not for the reason that their proprietors have a great love for suffering humanity, and an unselfish desire to do them a favor, but for the purpose of making money. There are none of them that do not sell for four times their value, and many of them a hundred. I know a catarrh-remedy that sells for \$1.50 per bottle, the bottle and label of which cost more than the medicine. You can buy the medicine contained in one bottle of it for five cents. It is a good remedy. A gentleman of my acquaintance told me it was worth to him more than its cost. I might name a dozen medicines with which I am acquainted, that sell for more than fifty times their original cost. One object of this work is to relieve its purchasers from the



necessity of being cheated and humbugged in this way. Herein you will find remedies for every complaint, as good as any of these medicines, and far better than the large majority, because most of them are prepared by persons who have no knowledge of diseases or medicines. They have, in some way, learned of a medicine that is good for a particular disease; they prepare it, advertise, get certificates, sell, and often make a fortune, out of the ignorance of a confiding people.

I know a physician, who formerly resided in this county, with whom I was well acquainted, and who often called me to consult with him. He has told me many times that I was a d—d fool. “You are called to see patients with a bilious attack; you examine them, tell them they are not sick much, and will be better in a day or two; leave medicine for them, and tell them if they need you again, to let you know. I am called to patients in the same condition; I tell them they are very sick, if they are well in a month they may be thankful; I visit them ten or twelve times; they get well, and think I have done wonders for them. I make ten or twelve dollars to your one, and my patients think more of me, as a doctor, than yours do of you. You will not get rich; I tell you the people like to be humbugged, and are willing to pay well for it.” In a few years he was rich, while I remained poor; but I have the satisfaction of knowing that I never visited a patient when I did



not think it was necessary, nor took a dollar from a person for professional services, that I did not render them an equivalent for. I know of several physicians now, that are having a large practice, and doing business in the same way. It is poor encouragement for an honest man to be obliged to compete with such persons. The only remedy is to spread light and knowledge, and educate the people upon this subject, so that they may be able to distinguish between the true and false — between a physician who understands his profession to be an honorable one, and not a mere means of making a fortune by deception and fraud, in making people believe they need his services when they do not; and the style I have described, that care nothing for the health or peace of mind of their patients, if they can only attain their object in life — money.

The so-called “regular faculty” are determined that the physicians of the country shall learn nothing except what comes through their particular channel. They would rather the whole population should die in what they would call a scientific manner, under the treatment promulgated at the medical schools and through the text-books approved by them, than be cured by any other means. Father has practiced medicine nearly fifty years; when he graduated, he knew no more about treating Scarlet Fever than his teachers and the books he studied; but before he had lost any patients with that disease, he learned how to

cure it, in a way not recommended or known by professors in medical colleges, or mentioned in medical text-books, either then or now. This method he has used nearly fifty years, and I have used it nearly twenty-five years, with perfect success, neither of us ever having lost a case of pure Scarlet Fever, when called before the patient was in a dying condition.

When the Diphtheria made its appearance about ten years ago, I became satisfied that it was only another manifestation of Scarlet Fever, and treated it accordingly, with success.

Father gave the treatment to Dr. Van Doren, then of Paw Paw, now of Ottawa; he was successful, never having lost a patient since. Hon. W. W. Sedgwick studied medicine with father over twenty years ago; he treated Scarlet Fever upon the same plan, and with the same success. I procured certificates of the facts, and printed them in a circular, and at the same time prepared a treatise upon Scarlet Fever, Diphtheria, Cholera Infantum, Typhoid and Typhus Fever, by Drs. P. and S. P. Sedgwick.

I then sent an advertisement to the "Chicago Medical Journal," and the "New York Medical Journal," of which the following is a copy:

"To Physicians. — Scarlet Fever, Diphtheria, Cholera Infantum, Typhoid and Typhus Fever cured every time. For proof, address Dr. S. P. Sedgwick, Wheaton, Ill."

This these journals refused to publish as an advertisement; reason given, "It is inadmissible."

I then mailed my circulars to eight hundred different Post Offices in the State of Illinois. This circular contained the same certificates published in this work. I received replies from about forty physicians, nearly all of them fearing it was a humbug; but saying, if it was true, it would be worth hundreds of dollars to know it.

I proposed to send them the treatise for ten dollars; let them try it, and if it proved as successful in their hands as it had in ours, they should pay me fifteen dollars more in two years. One sent me ten dollars, and his conditional note for fifteen dollars. One ordered the treatise sent, and agreed to send the money as soon as received; I sent him the treatise, and have never heard from him since. Two wanted the treatise, provided I would take their word to pay for it, if it proved successful; I sent it to them. One would like to have it, but did not believe it would do what we claimed, but said, if I would send it to him, he would send me in return Dr. Heber's celebrated cure for Cancer; I sent it immediately, but have not heard from him since.

I have ever intended to put these remedies before the public in some way, and I would have preferred to have done so through the medium of the profession; but they spurned it — treated it with contempt. If it was of any value, it was my duty to give it to them

through the medium of the medical journals. We were not indebted either to the medical journals or to the profession for the theory or the means of cure. It is different from any thing known or mentioned by any author or professor. They give nothing away; they club together to maintain extortionate prices for their services. All medical writers say that, in malignant cases of these diseases, the patients will often die, do what you will. Beside, if we had published it to them for nothing, they would most likely have paid no attention to it. The authors were unknown to them; were not professors in any "regular" institution, and they would have believed that the remedies were worthless.

A Dr. Sawyer, of North Carolina, probably forty years ago, published a little work, entitled, "Sawyer on Fever." It was a treatise on Fevers, and other diseases, caused principally by "marsh effluvia." It was worth more, particularly to a Western physician, than all the works on practice I ever saw. It was written in a plain familiar way, gave a reason for every thing, and the treatment recommended was to be relied upon. All your reasonable expectations could be realized, yet it was despised by the profession. "Who is Dr. Sawyer?" Ten years ago, if the question had been asked, "Who is U. S. Grant?" who would have answered it? I never saw but one copy of that work. It was unpretending, bound in cloth, and contained about 400 octavo pages, but more



precious than gold. It was the merest accident that we ever saw the work. About thirty years ago, when we were living in the State of New York, a Frenchman, one of our neighbors, when in New York City, happened to be at an auction of old books; he bought a quantity of them for a nominal sum; this was one of them, and when he returned home he gave it to father. It is nearly worn out, but you could not buy it for any reasonable sum. If it were reprinted, and read and practiced upon by every "regular" in the United States, it would be the means, in my judgment, of saving more lives than all the physicians now in the country. While I live, I shall never cease to revere the name of Dr. Sawyer.

After sending out these circulars, and receiving the answers, I determined to apply for a patent upon the theory and cure for Scarlet Fever and Diphtheria; and carry out my original intention of writing a work, in the English language, for the people, and insert a patent deed in each book, thus giving each purchaser, for a nominal sum, the right to use the medicine in their families; and, at the same time, deliver thousands from the hands of these self-conceited regulars, whose bread and butter depends, as they imagine, upon keeping the people in ignorance.

I would not be surprised if they should claim that it was an old remedy, and they had known all about it for years (unfortunately, doctors do not always tell the truth); but I will pay five hundred dollars for

any and every copy of any work, giving the same treatment, published previous to the year 1869.

I remember very well hearing a celebrated professor of surgery say, in one of his lectures, twenty-five years ago, that he would not use a surgical instrument invented by a surgeon, if it was patented, "for," said he, "it is their business, if they make any improvement, to give it to the profession." This same professor would charge a poor man \$100 for a simple operation. Now, all the recently-made surgical instruments, used by surgeons, are patented. I fail to see why inventors of instruments, machinery, etc., valuable to the public, may justly and righteously obtain a patent therefor; but if a physician invents a remedy, or combination of remedies, that cures diseases heretofore considered fatal, he must give it to the profession, and let *them charge* the public *high prices* for it, under penalty of being published, far and wide, as a quack, and unworthy to associate with these, *par excellence*, pure regulars. I am ready to take the responsibility. I have no money sticking to my fingers, taken from the people without a consideration.

Young men, who can never succeed in the medical profession, are often induced to study it from the circumstances by which they are surrounded. Peculiar qualifications are necessary to make a successful physician. A person might be successful as a lawyer, a preacher, a mechanic. or merchant, who would fail

miserably as a physician, no matter how many years he might devote to preparation.

Young men generally choose their profession in view of their own likes or dislikes, without reference to the qualifications which nature has bestowed upon them; consequently, the profession of medicine is crowded with those who should be pleading law, preaching the Gospel, or following some commercial or mechanical art; in short, they have mistaken their calling.

It is asserted by many of the oldest and most eminent physicians, that fewer persons would find a premature grave, if every physician and every medical work could be destroyed, and the world left in complete ignorance upon this so-called science, than now do, with all the knowledge we possess; that at least nine out of ten physicians do more mischief than benefit with their prescriptions. I believe this myself; but this is no argument against physicians. It only proves that a large proportion of them should be engaged in other business. The Creator makes physicians, and unless they are intended by Him for that profession, they will find their whole lives a series of disappointments; and those who are so unlucky as to be their patients, will suffer from their having mistaken their calling. The predestinated physician sees almost by intuition the true condition of his patient, and knows what remedies are calculated to assist nature in her process of restoration.

### CHAPTER III.

#### WHY THERE ARE SO MANY DIFFERENT SCHOOLS OF MEDICINE, AND WHAT THEY ARE.

THIS is entirely owing to the ignorance of the people. If the people understood as much of the human system as they should, it would be utterly impossible for any medical school or sect to flourish, having for its stock-in-trade a mere name. We will not go back, in the history of medicine, beyond the present generation; although we might find different schools appearing, flourishing for a short time, and dying out, from the time of Hippocrates, B. C., until now.

Hippocrates' doctrine consisted in observing and following nature, as indicated by her presumed efforts, and crises set up by her. This is a good doctrine to stand by to-day. The tendency of nature is towards health; if her laws were never violated, we should never suffer pain or sickness (except labor pains, pronounced upon woman as a curse), but wear out, like an old clock. In sickness, most, if not all, the symptoms (except, perhaps, the symptoms of death) are efforts of nature to throw off the diseased action which has been caused by the violation of some of her organic laws; hence, the good physician will



watch his opportunity. If he can do any thing to assist nature in her operations, he will do so ; if not, he will do nothing. The great trouble is, that many physicians, instead of assisting nature in her efforts to throw off disease and resume her healthy action, fight and thwart these efforts, mistaking a symptom for a disease. It is like cutting off the top of a dock, and leaving the root undisturbed in the ground. The top is only a sign, or symptom, that there is a root growing in the ground ; cut off the top, and you remove the sign, or symptom. Another person coming along would not know that there was a root there ; but it is all the time growing larger and stronger, ready in a short time to show the top, or symptom, larger than before ; remove the root, and the top, or symptom, will never show itself again. It is precisely so with disease ; and I have seen physicians, hundreds of times, prescribing for symptoms of disease while the root or cause was left untouched, and was gathering strength every day.

There are many preachers of the doctrine "Prescribe for symptoms." In theory it is wrong, and productive of much evil. It is true that symptoms should be attended to and prescribed for, but they should be looked upon as the means of ascertaining the cause of the disease. It is easy to see that, if you remove the cause, there will be no symptoms. Causes produce effects ; and these effects, in disease, are called symptoms. If relieving them would remove the

cause, all would be well. Symptoms should be met and relieved, but they must not be regarded as the disease itself; this is a fatal error. This is the reason why several diseases, like Scarlet Fever and Diphtheria, have, in malignant cases, been considered incurable. The cause immediately operating to produce those violent symptoms has not been ascertained. We think we have learned it, and can effect its removal.

I might pursue this argument, and cite cases that have come under my observation, to prove the position; but my object in this chapter is to show why so many different schools of medicine have flourished for a brief season. I can well remember when a certain portion of the people (always the most ignorant portion) were wild after what was called the Thompsonian, or Botanic and Steam, practice. They claimed that God, in His goodness, had caused to grow in every clime, roots and herbs that would cure every disease incident to that clime. A small work of two or three hundred pages was published, and any person who would purchase that work could become a physician immediately. The country was flooded with these new fledglings. Nearly every town and hamlet had its sign, — "Botanic Physician and Surgeon." The mass of the people did not stop to reflect that a part of the course of three years' study of a regular physician (and a life-time would not qualify many of them), was botany and the

United States Dispensatory, which describes every plant, and root, and earthy or mineral substance in the known world that has any medicinal quality or commercial value whatever; that a new and improved edition of that work is issued every few years, containing all the new discoveries; that that work describes all the plants and roots known to Thompson and his followers, and hundreds of others that he knows or says nothing about; that educated physicians used all these roots and herbs that were of any medicinal value, in cases which required them, unless they knew of some thing that was far better; that they knew *all* that Thompson knew, and as much more as three or four years' constant study, and the attendance upon two courses of scientific lectures, given by living professors, was better than the reading of a little work of two or three hundred pages; but they were called "mineral doctors," "calomel doctors," etc., etc., although the fact was, that they did not prescribe one mineral substance where they did fifty or a hundred that were vegetable. Where is the much-vaunted "Botanic System" now? Very few are found to do it reverence; it died with its author. Truth never dies; true merit can afford to bide its time. The Baconian system of reasoning, from cause to effect, has stood the test of centuries; and so the true system will ultimately prevail, whatever it may be. Education and knowledge have nothing to fear in the race with ignorance and superstition.



If one humbug could be greater than another as a name for a school of medicine, it is the name Eclectic — (“One of a class of ancient philosophers who professed to choose what was good for all sects.”) This is nothing more or less than a burlesque upon the “regulars;” that is, their profession, precisely — they do not do it as a body, or a whole, for most of them think they can learn nothing except it comes from one above them in the profession, and it would be exceedingly difficult to find one above them in knowledge, in their own opinion. If any thing will tickle a man’s vanity, and exalt a person in his own opinion, it is to elect him a professor in a regular medical college. If you wish to see the embodiment of all medical knowledge, so far as one’s own opinion is concerned, you have but to see one of these professors. There are honorable exceptions, but the exceptions are generally aged men, who have had large experience, and have learned that nature, “or the powers of nature to heal herself,” are of more value than medicines. Young doctors are very apt to be conceited; they generally think they have seen and know it all. They believe in the potency of medicines; but when they see patient after patient die under their treatment, and medicines, from which they expected great things, having no effect in arresting disease, the conceit begins to die out of them, and by the time they have practiced ten or fifteen years, they are ready to become learners.



The fact is, every day brings something new in medicine, as well as in the other walks of life; and the successful doctor is the true Eclectic, who culls the honey from every source where he can find it. The old ladies of the country are not to be despised; many of their remedies, that have been handed down from generation to generation, are of great value. Genuine Eclecticism will cull the valuable from the worthless, here and every where. But, as I have intimated, the humbuggery of the Eclectics consists in pretending that they, as a school, are the only persons who do this, when the fact is, every good and true physician is now, and ever has been, an Eclectic, and has been constantly sifting the good from the bad — the true from the false — the practicable from the impracticable — and adding the genuine to his store of knowledge, every day of his life. The Bible, if carefully searched, will be found to contain many valuable hints, which should be heeded by all, physicians and people. When directions are given in that Book for any particular case, they should be strictly followed. "Give strong drink to him that is ready to perish, and wine unto those that be of heavy hearts." In the face of this language, I know at least one professor, who maintains that alcohol, in any form, is never necessary as a medicine. It is hardly necessary to add, that although living in a great city, and being a professor in a medical college, he is doing a large business, yet I never saw a good prescription that he

made (and I have seen several, as he is often called into the country).

In low fevers, or any time when a person is very low and dying from exhaustion, there is no substitute for alcohol; thousands of persons have died at the crisis of disease, for the want of it. In 1864, I had a case in Lake county, that I must relate here: A young lady, sixteen years old, was just recovering from typhoid fever; she was able to sit up two hours at a time, and had a very good appetite. Her father brought in some wild plums; the girl was sitting in her chair, and asked for some; her mother, in the kindness of her heart, gave her about two-thirds of a tea-cupful of the ripest. In two or three hours she was taken violently with vomiting and purging, attended with severe pain and cramping. Just at sundown they sent for me. I was suffering with an attack of ague and fever, and could not go. They called another doctor, who remained with her over night. Before sunrise in the morning they sent for me again. I went over, found a large number of the neighbors in and about the house, and, as I went in, the doctor informed me that the patient was nearly dead, and past doing any thing for. I examined her, found her nose and ears as cold as death; her feet, legs, hands and arms cold to her body; her pulse a running line. She was indeed very near death; probably, one or two hours more, and the scene would have closed. I inquired for good brandy; an old sea

captain, present, said, "I have some, doctor, that is twelve years old." He lived a mile away, but in fifteen minutes we had a quart of it. I have never seen any thing like it before, or since; it would swim on water like oil, and produced a warming rather than burning sensation when drank clear. While waiting for the brandy, we put strong mustard plasters on each wrist and on the inside of each ankle, and had one person rubbing each hand and arm, and each foot and leg, in hot alcohol, with a little cayenne pepper in it; we also put a large mustard plaster on her stomach and bowels. As soon as the brandy came, I gave her a tea-spoonful, with one grain of quinine. I repeated the brandy every five minutes, for two hours, giving quinine once an hour. At the end of two hours, her extremities were all warm, and she was in a nice, gentle sweat; her pulse soft, and only 110 per minute. I continued the brandy every ten minutes, for another hour, adding, every half-hour a tea-spoonful of beef tea. She continued to improve and was able to talk. Gave the brandy every fifteen minutes, the next hour, and the beef tea as before. Before noon, she was out of danger; and when sun-down came, she had drank the whole quart of brandy. Without it, she would have died. Five years after, she died in Chicago; for all I know, this Professor, or some other one who did not believe the Bible, attended her.

'Take a little wine for your stomach's sake;' noth

ing is better for a weak stomach ; but let it be genuine wine — not currant juice, or rhubarb, or any thing of that sort — but good old wine, which contains from 10 to 15 per cent. of alcohol, without which it can not be wine ; notwithstanding some ignorant temperance lecturers have thought it necessary to try and make it appear that the wine spoken of in the Gospel contained no alcohol. Grape juice is not wine, or, at least, not “ old wine ;” but fermented grape juice is wine, and it contains alcohol.

I have often wished to know just what sort of clay our Saviour used, when he spit upon it, applied it to the blind eyes, and restored them to sight. Although He worked miracles, yet He worked them by means, when He could ; and there can not be the least doubt but the same application of clay and spittle would to-day be a valuable remedy for diseased eyes. I have seen clay moistened and applied over inflamed eyes with good result, and also applied to the sting of bees and other insects.

An Eclectic physician, then, is only one that, in his experience, uses such remedies as he finds are of value, no matter from what source they come, and rejects those which he finds are worthless, even though they are recommended by those high in authority in the profession. It follows, that every intelligent, honest physician is an Eclectic, and that for any particular school to appropriate that name, is simply humbug.



## HYDROPATHY, OR WATER-CURE.

Just now, there are quite a number of people who believe that water in some form — cold, hot, tepid or lukewarm — applied externally and used inwardly, is the remedy that our Creator provided for the cure of every disease. In many cases, large establishments, termed “Water Cures,” have been fitted up under the direction of a physician, where invalids may go and be “packed” from day to day. They are also put upon a rigid course of diet and exercise, which is, of course, beneficial, and, in many cases, all that is needed to restore health. It is passing strange that any person can believe that water will cure all diseases.

It is certainly time that the idea that the use of water as a remedy for disease in many cases, is new and originated with this order, was exploded. For the last two thousand years, water, both cold, hot and warm, has been recommended and used by all scientific physicians. The idea of using it as a medicine is not new; but the idea of its being a specific for all the diseases to which humanity is heir, and also that it will reduce fractured and deformed limbs, unite hare-lips, cause the deaf to hear and the dumb to speak, is reserved for those who call themselves Hydropathists.

Water is a powerful remedy, is capable of doing

much good, and also much harm ; and it is important that it should be used by those who understand its power, and know when not to use as well as when to use it. Many persons have been killed, simply by the use of water. It is important to keep clean ; but it does not follow that it is beneficial to lie and soak in water for days or even hours at a time. It is very easy, in some inflammatory diseases, by applying cold water to the inflamed part, to cause a translation of the disease to some vital organ, thus producing death in a few hours. You can not read a work on the theory and practice of medicine, without learning that water is relied upon, in many diseases, as a powerful remedy. No good physician would think of treating a case of inflammation of the brain, without applying cold water or ice to the head ; while, if the disease was neuralgia, they would apply it warm ; but, in a case of inflammatory rheumatism, they would not dare use it. But it is said that "Fools will venture where angels do not dare to tread." I know of at least two cases of inflammatory rheumatism in which the patients were killed by a pack. The difference between good physicians and regular Hydropathists is, the physician knows when water should be used, and uses it, while the Hydropathist uses it always, and for every thing.

I know of one woman who is a regular water doctress. There have been more deaths in the family of which she is a member and the doctor, within the

last three years, than in any other family of the same size that I am acquainted with.

The simple truth is, a few weeks' time, or even a few months, spent in reading works on "The Water Cure," and in attending a "Water Cure" establishment, does not qualify any person to understand all diseases, and be responsible for human life. Good men, who have made medicine a study for long years, and who have spent the best part of their lives in active practice, often feel that the responsibility is awful. The ignorant assume it without a single qualm, and act and talk as if they thought a few months' practice in the use of water qualified them better to assume this responsibility, than those years of close study and active duty as a physician; and many people, without stopping to reflect upon these things, place the lives of their families and themselves in such hands. It must have its day. There is not one "Cure" in operation to-day where there were two, two years ago.

#### HOMŒOPATHY.

The doctrine of this school is, "That diseases are cured by medicines which have power to cause similar diseases in healthy persons," or the doctrine that "Like cures like."

This doctrine is now upon its trial. The founder of it believed that this disordered action, similar to

the disease it was to cure, was effected by infinitesimal doses of apparently inert agents: the decillionth part of a grain of charcoal was an authorized dose. At the present day, the order is divided, I believe, upon the quantity to be given; many of them give doses from which they know they can see some effect, and some of them hold that the doctrine is to give such remedies and in such doses as they find by experience will cure diseases. With this doctrine I have no issue to join: for this is our doctrine, this is the Eclectic doctrine. "Give such remedies as we know will cure," is a good doctrine for any school of medicine to adopt.

#### MISCELLANEOUS DOCTORS.

Under this head we will class the whole gang of ignorant pretenders and charlatans, who are ever on the alert, watching for an opportunity to ply the confidence game upon the suffering portion of a generous and unsuspecting people. Generally they have no medical education of any sort, but are the veriest quacks, who deserve and owe service to the State, as felons. They generally advertise freely, under a false name; some of them being impious enough to call themselves "The Good Samaritan."

They fill such papers as will publish their advertisements, with the most filthy and obscene literature of this or any more corrupt age. They certify to



their own skill. For instance, the true name of one is Lander, and his assumed name is Dr. Paul; Dr. Lander certifies that he knew Dr. Paul in New Orleans, or some other city, where he was surgeon of a hospital, and was very successful in healing the sick, and restoring to health thousands who were given up to die, of debility, caused by ———; that he treated successfully all manner of diseases, etc., etc. He advertises that he can be consulted in perfect confidence, at certain hours; has splendid apartments, both for ladies and gentlemen; or that persons residing at a distance can consult him by letter, with just as good results.

Another person, born under a particular star, can not only see into the future, and thus tell you how to avoid mistakes, but can also see your inward organization, detect disease, and prescribe intelligently, with the certainty of working a cure. There are thousands thoughtless or deluded enough to spend their substance upon these leeches.

Others travel about the country, pretending to be from some leading city, and to have left for a short time, to get rid of the rush of business, and recruit their poor, over-worked systems; but they will, to accommodate the sick and suffering, and just for once, prescribe. If you meet a resident of the city where they pretend to reside, he will know no such professor.

Others go about the country, inquiring for and calling upon those who are suffering from some

chronic disease, agreeing to cure them for a certain sum; requiring half or one-third down, and the balance in three or four months, when the patient is well. They take your money, and you never see or hear from them again.

Then we have bone-setters — natural bone-setters, who were born such — who can reduce fractures of long standing in a moment. Or, perhaps, some pretend to be endowed with miraculous powers of healing the sick, lame, halt, blind, etc.; and the poor are healed gratis. People flock to them in crowds; they speak a few words, lay hands upon you, tell you that you are healed, to throw away your crutch or cane, and walk. Hundreds, who had not been able to walk unsupported for years, have been known, under the nervous excitement of the moment, to throw away their aids and walk, amidst the astonished exclamations of the crowd. The next day, or perhaps the next hour, they were the “same old cripples as before.” It is really astonishing that persons of education and refinement will tolerate, much more patronize, such impostors; but so it is. The greater the humbug, the more people will crowd to see it.

A good rule is, never to patronize a traveling doctor or dentist, unless he is known, either to yourself or some intelligent friend upon whom you can rely. If a doctor is really talented and successful, he will have all the business he can attend to at home; he will not be under the necessity of prowling about the

country, seeking to impose upon the sick; taking advantage of their condition, knowing they will, like a drowning man, grasp at even a straw. The sick, if they are told a smooth story, will be ready to invest, hoping that it will not prove a humbug in their case. The way to stop all this is to educate the people; let them understand themselves; let them understand the laws of health, the nature and effect of medicines, both in health and disease: then the occupation of quacks and medical scoundrels will be gone.

If this work shall have any influence in opening the eyes of the public, and keeping them from spending their money upon these vile wretches, I shall be satisfied.

There is still another class of very disinterested physicians, some of whom publish medical works free to all; others publish works treating upon all diseases, for the low sum of fifty cents or one dollar. When you examine them, you will find that they recommend for every disease some medicine prepared by themselves; and they are advertising their remedies at your expense, if you are foolish enough to purchase one of their works.

It will be remembered that, a few years ago, one old Dr. James, "whose sands of life had nearly run out," advertised that, in traveling in India, he had found a remedy that had cured him of consumption, which he would be glad to make known to those who were suffering, without money and without price. I



know persons who applied to him, and received in return a prescription, which could be procured only of him (unless you sent to India) for two dollars. It was ascertained afterwards that he was a young man in the prime of life, and not a physician.

Rev. ——— advertised, in the leading papers of the country, that he had a prescription that had cured him of consumption, which he would furnish in the same way. It had the same result.

Regular physicians have reason for their opposition to quackery in every form; but there is no reason why they should strive to keep the people in ignorance upon this important subject, or why they should deceive them by pretending to know what they do not, or band together for the purpose of charging extortionate prices for their services. They should never forget the Golden Rule.

#### HINTS IN REGARD TO THE CHOICE OF A PHYSICIAN.

Young men, just commencing the practice of medicine, are allowed to brag; but when a physician has had a few years' practice, his works ought to speak for him. He ought to, and, if he is successful, will have plenty of people to sound his praise.

If you see a physician who talks as if he was the only one in the world, avoid him; he is troubled with the big head.

If you see one who is very forward to ask for busi-



ness, ready to examine into your case and prescribe for you when you have not asked for his services, it is more than likely that he is a quack.

If you see one who carries a beautiful cane, wears white gloves, and walks so straight that he bends the other way, give him a wide berth; his brains are in the back part of his head.

If you meet one who makes light of your sufferings, and handles you roughly; he has not heart, and can not feel for others; better not employ him.

If you find one who, when he receives a call, stops to inquire how he is to be paid for his services; he cares more for his pecuniary good than he does for your welfare or your life; none should employ him.

If you meet one who tries to make you believe you are in great danger, when he knows it is not true; dismiss him at once; he is after your purse.

If you are satisfied that your doctor has knowingly deceived you once, do not give him a chance to do it again.

If you employ a doctor who examines you carefully, handles you tenderly, explains every thing to you freely and candidly, so that you may understand your true condition; does not act as if he wished to force his visits upon you; tells you honestly when it is not necessary for him to visit you again; cares more for your life and health than for your money; whose word can be relied upon under all circumstances: confide in him, do not desert him for strangers with

big words; show by your deeds that you value him, encourage him, and assist him in every way you can; love and pray for each other.

## CHAPTER IV.

### PULSE.

THERE is no way by which disease can be so quickly detected, or is so quickly shown, as by the condition of the pulse. No person can be very sick and have a regular pulse; but, in order to be able to detect disease by the condition of the pulse, it is necessary to understand all its different variations. The pulse in a healthy adult male generally beats from sixty to seventy times in a minute, and is full, soft and regular. In an adult female it beats from seventy to eighty times in a minute, and is not quite as strong as in a male. The pulse of a child a year old, in a state of health, beats about a hundred times in a minute. These facts should be remembered, when feeling the pulse, to detect disease.

A person who labors hard, so that the skin of the fingers become thickened, can not distinguish these variations as readily as one who does not labor. A frequent pulse is one that beats more than a natural number of times in a minute. A quick pulse is one that strikes quickly; thus a pulse may be quick and not frequent; it may beat only forty times in a minute and yet be very quick, or it may beat one

hundred times in a minute and not be quick. When a person is suffering from a high fever, the pulse is quick and strong, and, generally, frequent also, or at least more frequent than is natural; it is often hard and wiry, that is, it thumps against your finger, and feels like a wire drawn tight and vibrating under your finger. There is also an intermitting pulse, which is a pulse that beats regularly for a number of beats, and then stops as long as it takes to make one or two beats; this is generally the case in fevers, and indicates that there is some obstruction about the secretions. A running pulse is a pulse that is so frequent and so weak that you can not distinguish a beat, but it feels like a weak undulating line under your finger; this is generally the case when a person is in a dying state, and is very weak. The pulse, as it grows weaker, will become more and more frequent; first a hundred and twenty per minute, then a hundred and twenty-five, then a hundred and thirty, then a hundred and forty, then a hundred and fifty, then a hundred and sixty, then, just before the scene closes, you can count the beats no longer, and feel only a feeble running motion, which grows weaker every moment, until it ceases entirely, and life is extinct.

Patients are sometimes said to have a bounding pulse, which is a pulse that strikes like a hammer, strong and powerful, it is also generally quick; this is such a pulse as is found when a system is in a high



state of arterial excitement, with some acute and active inflammation, or at the commencement of an inflammatory Fever. A tight pulse is one that beats as though it was tied, and could only go so far, making a violent effort for a powerful beat, then stopping short off, and ending in something like a jerk. A small pulse may be either quick or frequent, or both; but very weak, so much so that you can hardly feel it; it indicates prostration of the system, either real or apparent.

A little practice upon pulse feeling, counting the beats by a second hand, will enable any person of ordinary ability to become so far skilled as to be enabled at any time to decide whether a patient is in a dangerous condition or not. A small pulse, a hundred and thirty per minute, indicates great danger; a hundred and sixty is almost certainly fatal.

#### TONGUE.

Next to the pulse, perhaps the condition of the tongue is the most certain to aid us in arriving at the state of the physical system; both together will rarely fail in leading us to a correct decision in reference to the seat and nature of disease. Many diseases can be detected by the condition of the pulse and the tongue alone, without reference to any other symptoms; yet, of course, this is far from being the case in all diseases. In fact, many diseases baffle all our efforts to

arrive at a correct diagnosis, especially in the early stages. The symptoms are precisely alike in the first stages of Small Pox and ordinary Bilious Fevers. In Scarlet Fever, the eruption first appears at the roots of the tongue and in the throat, generally a day or two before it is seen upon the skin. Measles also are first seen in the throat. In a common Bilious Fever, the tongue, after a day or two, is covered with a thick, nasty yellow coat. In Typhus and Typhoid Fevers, the tongue is red and dry at first; after a few days, a dark brown streak appears in the middle, which gradually extends over the tongue and becomes nearly black. In Inflammations, the tongue is dry and red, particularly about the edges.

A white coat on the tongue simply indicates a slight irritation in the stomach, and is never of a dangerous character; the coat is also white when a person is insane, and the health otherwise good.

In all cases of fever, when the patient is about to recover, the coat on the tongue commences to loosen about the edges, and it appears moist and soft.

#### EFFECTS OF LOCALITY UPON DISEASE.

Physicians are very apt to overlook the effects of locality upon disease, and it would not be strange if the common people should do the same.

If a person had been residing in a new country, where large quantities of new land were being culti-

vated, and where the diseases all assumed the periodic type, and should remove to an old country, where they were not subject to that type of disease, the proper treatment would be the same, precisely, as though the patient had remained at home. Many lives have been sacrificed for want of a proper understanding of this principle.

In the West it is absolutely necessary to discard the old theory of reducing the patient in order to subdue inflammation, fever, etc. It will not answer. It may still be proper in some mountainous places in high latitudes; but in the West and South, the principles laid down in this work must be followed, or we will not be responsible for consequences.

#### NURSING THE SICK.

In sickness, much depends upon good nursing. In fact, there are many cases where more depends upon that than upon the physician. The first qualification for a good nurse, is to do just what is directed by the physician, when one is called; put all the responsibility upon him; he will willingly take it, if he knows his directions will be carried out; he ought not to, unless they are. The next, is to be able to see just what is wanted, and anticipate those wants, by doing what is needed without waiting for a request from the patient. See that every thing about the room, bed and clothes are perfectly clean; see that the room is

well ventilated, but avoid drafts of air upon the patient; see that the bed is made smooth, and the pillows properly placed. Do not keep constantly asking the patient how he feels; nothing is more irksome to a person who is very sick, than to be obliged, every little while, to tell how he feels. Do not talk, unless the patient desires it, and not then, if you see it worries or tires him. When company is desirable, let it be of the most cheerful character. Never admit visitors who wish just to see the patient to gratify an idle curiosity. When a patient is very weak, nobody, but those absolutely necessary to give proper care, should be admitted.

There are few sick persons who do not need washing or sponging all over every day, with salt and water, spirits and water, or saleratus water. Every thing about a sick room should be quiet, and, at the same time, cheerful; and every article necessary should be ready before it is wanted, that there may be no hurry or bustle. An easy chair, for patients who are able to sit up, should be arranged with a vessel under it, so that it can be placed and removed without disturbing the patient. Every family should have a good pump syringe, made of hard rubber, and a good bed-pan; you do not know how soon you may need both.



## BEEF TEA.

Many people, when told to make beef tea, will boil up fat and lean beef, and even bones, and make a regular soup, with grease swimming upon the top. This is not fit for a sick person. The best beef tea is now made by taking a piece of Borden's condensed beef, about the size of a common walnut; pour upon it a half-pint of boiling water, add a little salt, and it is ready for use. It may be made stronger or weaker, if desired. This article should be in every family; it is not only invaluable in sickness, but it is very useful, and not bad to take when we are well. Elegant soup, broth or tea, can be made almost instantly, and we have all the nutriment of the beef without any grease. I do not suppose that Mr. Borden will pay me for advertising his business, but I would fail to do a plain duty if I did not mention this article. If you do not have this extract, and can not procure it, a good article of beef tea may be made as follows:

Take any quantity of clear, lean beef, cut it into very fine pieces (the finer the better), put it into a glass bottle with a large mouth; put the bottle into cold water over the stove, let it heat gradually, boil until the beef is perfectly cooked, squeeze out the juice and throw away the beef. This juice is very nourishing; a tea-spoonful of it is worth more than a pint of broth; it should be seasoned with salt only.

## BEEF BROTH.

This is made by boiling two ounces of lean beef two hours in one pint of water, and have half a pint when done. A table-spoonful of rice may be added before boiling.

## CHICKEN BROTH.

Take the leg and wing of a half or two-thirds grown chicken, one table-spoonful of rice, one quart of water; boil one hour, and have a pint when done; let it cool, and skim off every particle of oil. Season with salt only, when the patient is very low; and add pepper, if desired, in cases where the patient is convalescing, and able to bear it.

## CHICKEN TEA.

Take the leg and wing of a chicken, put into one pint of water; boil fifteen to twenty minutes, skim off all the grease, and season with salt.

Broths and teas may be made of mutton, and also of game.

## WATER GRUEL.

Take a tea-spoonful of fresh corn meal, stir it into a quart of boiling water; keep it boiling steadily for

an hour, skimming off all that rises ; if it boils away to less than one pint, add more boiling water. Corn meal cooked less than an hour should never be given to a sick person, or any person having a weak stomach.

Hasty pudding boiled less than an hour is not suitable for any person to eat, and two hours is better than one.

The practice of eating any sort of vegetable food scalded, or half-cooked, can not be too severely reprehended. It is the cause of much sickness and many weak stomachs.

#### CORN STARCH GRUEL.

Take a table-spoonful of corn starch and a table-spoonful of flour ; mix thoroughly in a tea-cupful of fresh milk ; pour upon this one quart of boiling water ; stir it continually, and let it boil ten minutes. Season with salt, sugar and nutmeg, to taste. If the patient is very low and weak, two quarts of boiling water should be added, and boiled down to one quart.

#### BREAD COFFEE.

Take a slice of bread as large as a man's hand, toast it nicely (do not burn it) ; put four table-spoonfuls of fresh milk into a quart bowl, add two table-spoonfuls of loaf sugar, then pour on one pint of boil-

ing water; cover it up tight, and let it cool. This makes a nourishing and palatable drink for the sick.

#### CORN COFFEE.

This should be made in the same way (don't burn the corn), without the milk and sugar.

#### WINE WHEY.

Boil half a pint of new milk; while it is boiling, put in a tea-cupful of white wine, stir it up, turn it into a bowl, and let it stand about ten minutes; turn it off from the curd, and flavor it as you like, with sugar. A half-pint of this whey, when taken warm, in bed at night, will often procure perspiration, and relieve a severe cold.— *Godey's Lady's Book*.

This would make a good and nourishing stimulant.

#### GELATINE.

This is prepared for jellies by soaking over night in very little water; allow one ounce for each quart of jelly. If the isinglass is not pure, it must be clarified. Mix, in half a pint of water, a tea-spoonful of the white of egg and a little lemon juice; beat well, and stir it into two ounces of isinglass dissolved in half a pint of water; heat these together gradually, constantly stirring; remove all the scum, and pass it through a flannel bag.— *Godey's Lady's Book*.



This may be used, in case of a very weak stomach, as an article of diet; taken in small doses, it is often very refreshing to the stomach.

STIMULANT NOURISHMENT FOR VERY WEAK PERSONS.

Take one pound of good raisins, and the meats of one pound of soft-shelled almonds; chop them until they are fine; add a quart of boiling water, and boil one hour; strain; to one pound of loaf sugar, add a pint of good wine, and if there is not a quart of the mixture, add water enough to make a quart. This may be taken in doses of from one table-spoonful to a wine-glassful, and is oftentimes just what is needed in cases of long-continued sickness, where the patient is emaciated, and has little or no appetite. It is food and drink.

COOLING DRINK FOR PERSONS WHO HAVE TAKEN SALT  
AND WATER FOR BLEEDING AT THE LUNGS.

Pour a pint of boiling water upon a handful of common dried currants; let it cool, and drink as desired. It may be also used in cases of fever, where the patient is thirsty.

Water poured upon tamarinds may be used for the same purpose.

Or a pint of water poured upon an ounce of cream

of tartar, forms a cooling drink in such cases. The cream of tartar should be pure, and not the worthless article generally sold by grocers.

There are many other articles that might be mentioned, that are valuable as beverages, or as diet for the sick. A good nurse will know, as by intuition, what will be proper to give and what will not.

When a patient is very sick with some acute disease, he does not need food, but he does need nourishment in nearly every case; and when he is very bad, as in cases of Typhoid Fever, etc., it is of the utmost importance that the nourishment be given regularly; it is for such cases that we have given the directions above. There are many other articles that may be used, but it is absolutely necessary that the diet should be nourishing, and, at the same time, simple and easily digested. Many lives have been lost, in consequence of neglecting a proper course of nourishing diet. As a general rule, when a patient is suffering from chronic disease (unless that disease is in the stomach), he may eat what would agree with him when well; but the quantity should be smaller, and he should avoid every thing that he finds by experience does not agree with him. He should not "live to eat, but eat to live."

## CHAPTER V.

### FEVER.

PASSING over the various scientific, ingenious and contradictory theories of medical writers, in regard to the cause and phenomena of fever, we will consider it as an effort of nature to remove the offending cause, and to restore and establish the healthy actions of the system, or the struggle of overpowered nature to produce such effort. Fever consists in an irregular, diseased action of the blood-vessels, generally preceded, more or less, by chills, succeeded by heat, disorder of all the animal functions, thirst, and a feeling of weakness, or weariness, and attended with more or less pain in the head, back and limbs. It includes all inflammatory diseases, such as pleurisy, inflammation of the lungs, head, stomach and bowels, etc., and all eruptive diseases, such as small-pox, measles, scarlet fever, etc.

For the sake of accuracy in treatment we distinguish, in every form of fever, three varieties, which we will designate the inflammatory, the typhoid, and the typhus. The inflammatory is distinguished by an unusual degree of heat and thirst, a flushed countenance, hard breathing, a desire for cold drinks, and a

quick, hard and full pulse. The typhoid is a medium between the inflammatory and the typhus, in which the powers of nature to produce reaction, or the inflammatory state, are partly overcome, but not entirely as in typhus. It is attended with increased heat, with pain and thirst, but not as steady or as violent as in the inflammatory. The pulse is not as much excited, and varies little from a healthy pulse, except, sometimes, a little fuller, and with a tense stroke, once in six or eight beats. The typhus variety exists when the powers of nature are too much overpowered by the strength, or the quantity of the exciting cause, to produce a complete effort to remove that cause; and is characterized by a pulse, small, weak and generally frequent, little heat, variable and in spots; a brown or dark fur on the tongue, or unnatural redness and dryness, great disturbance of the mind, and diminution of strength.

P. S.

#### INTERMITTENT FEVER

Is characterized by successive periodical paroxysms of fever, each paroxysm consisting of three stages, the cold stage, or the chills, the hot stage, and the sweating stage.

When these paroxysms of fever occur every day, they are called quotidian, when on every other day, tertian, and when once in three days, a quartan.

P. S.



## REMITTENT FEVER.

Bilious fever, or chill fever, is a continued fever, with very plain, periodical remissions and violence of symptoms, with manifest bilious derangement.

Between intermittent and remittent fever there is no essential, or radical difference; they proceed from the same cause, and differ only on account of the power and abundance of the cause, and the predisposing condition of the patient. The fever may exist in the inflammatory, the typhoid, or the typhus state, and it may pass rapidly from one of these states to another, and the treatment should be applied accordingly.

## TREATMENT.

Fevers generally commence with a cold stage. Equalize the circulation; apply warmth to the cold extremities; give a Dover's powder, followed immediately by some warm, diaphoretic drink; balm, sage, catnip, or pennyroyal tea. If there be much pain in the head, apply mustard drafts to the feet. If this is very violent let these drafts extend up on the legs. If the pain is in the chest, back, or sides, apply the mustard poultices over the pain. When the fever rises, the circulation is equalized, the flesh and skin is hot; the patient should then be washed, or sponged

over, with some cooling wash, saleratus, a tea-spoonful to a pint of water, if the action be high; or salt and water, or spirits and water, if the action be low. Continue, now, the Dover's powders, with the warm drinks, one in six hours, until the perspiration appears and has become general, and if there be much thirst between the times of taking the powders, the patient may take, frequently, an effervescing draft of soda, bicarb., and tartaric acid, or a little lemonade, or a solution of cream of tartar, a tea-spoonful in a pint of boiling water, given when cold. After the perspiration is fairly established, the patient should take physic. Fifteen or twenty grains of calomel, with five or six grains of rhubarb; followed, in four hours, with a tea-spoonful of epsom salts, and a tea-spoonful of magnesia, in a gill of milk and water, once in two hours, until free discharges are produced. This brings away large quantities of vitiated bile, and prepares the patient for taking quinine. If the patient is prejudiced against the calomel, let him take some good bilious pills instead of it; for, although, calomel is the best physic to promote the action of the liver, and secure free bilious discharges, yet it is only admissible in the inflammatory variety of fever. In the typhoid variety we can do very well without it, and in the typhus variety it is positively injurious, and often fatal. During the intermissions, or remissions of fever, the patient should take the quinine in one grain doses; a good way of administering it is to

mix quinine and rhubarb, equal parts, and make powders containing one grain of each, and give one, once in two hours, washed down with lemonade, wine and water, or cream of tartar solution, (cream tart., one oz., boiling water, one pint). After this, let the patient take the fever powders, once in six hours, with the diaphoretic tea, when the fever is high, and the quinine, one grain, once in two hours, when the fever is low, and physic a little, once in two days, with rhubarb and magnesia, a tea-spoonful of each, once in six hours, until it operates. The other medicine need not be stopped. After the paroxysms of fever have ceased, the quinine may be prepared with brandy, one gill, quinine, thirty grains, sugar, four oz., tart. acid, thirty grains, and water, three gills. Dose, a table-spoonful. As the fever abates, it may be given less frequently, once in three hours, then in four hours, then three times a day; after the fever is gone, until health is restored. Unless the patient is very bad the quinine may be omitted at night, after bed-time, and an anodyne (a Dover's powder) may be given, if necessary, to promote rest.

In very rapid and urgent cases, where it seems necessary to make a sudden impression, one larger dose of quinine may be given, at first, say from two to five grains; but the practice of giving repeatedly such large doses, as many do, is objectionable, injurious, and never necessary.

N. B. — After giving the physic, which I would

prefer to be bilious pills, rather than calomel, I give four grains of quinine, with one-eighth of a grain of morphine, once in four hours, until twenty grains have been given—then proceed as directed. I think this course most sure to break up the fever immediately.

It is often the case that remittent fever returns, after having been broken up. If the patient takes a little too much exercise, eats a little more than common, or is out late at night, it may return at stated periods, once in ten, fifteen or twenty days. I have seen many cases that had been broken up with quinine, that would return in this way, for months, and perhaps years, until the patient would, impatiently, declare that he would take no more quinine, it was only killing him, etc., etc. The fact is, the fault is not in quinine, but in the patient, or the physician, or person who has prepared it. There is no remedy so sure to destroy ague, or remittent fever; but it must be given at the proper time, in conjunction with other medicines, and continued until every vestige of the disease is destroyed. If the disease has continued some time, and returned from time to time, the only way to effect a certain cure, is to prevent the return of a single paroxysm; for this purpose, take quinine bitters, as follows: You will know when it is time for the shake, commence with the bitters three days before it is time, and continue them three days after the time for the paroxysm to appear. Continue



this course for months, until the habit of periodical return is completely broken up. This will make an effectual cure; it will cost something, in time and money, but there is no other way so cheap. Don't buy any patent medicines, but pursue this course, and you will never again fear fever and ague. If the fever has become chronic, and there is what is called an ague cake (enlargement of the spleen), in the left side of the bowels, Alden's drops should be taken three times per day, until the "cake" is gone. Keep the bowels open, with corrective pills or rhubarb syrup.

S. P. S.

TYPHOID FEVER.

When the fever is of the typhoid variety, give the diaphoretic powders and the warm drink mentioned above, once in six hours, when the fever is high, and the quinine, as directed above, when the fever is off, or light; and physic with magnesia and salts, or magnesia and rhubarb, once in two days — observing to counteract severe pain with drafts and mustard poultices, as before directed. In this variety, blisters may be applied to the extremities, if other modes of counteraction appear too feeble. This may be especially necessary when there is strong determination to the head. Use washing or sponging when the skin is hot.

P. S.

## TYPHUS FEVER.

In typhus fever there is great debility. The powers of nature are overcome with the strength of the attacking enemy. The fever struggles to rise and cast out the foe, but it can not rise in full strength, but only in fitful struggles. The mind is wandering, delirious, or stupid. The breathing is hurried or laborious; the breath is foetid. The tongue is coated with a brown or black fur. The pulse is generally small, quick and frequent. The extremities and surface cool. The countenance pale, except sometimes circumscribed spots of redness in the face, and, occasionally, purple spots in other parts of the body. Now be careful, doctor, nurse, or friend, what you do.

## TREATMENT OF TYPHUS FEVER.

The patient will not die, if treated rightly, unless some fatal lesion of some vital part exist. Do not kill the patient with medicine. Strong physic, drastic purges, will do it. Calomel will do it. One grain of it in your powders, is injurious, is fatal in its tendency. Use no strong and weakening emetics. Bleeding is fatal. "What will you do?" This you can do: see that your patient is warm in bed, with warm feet, then give a tea-spoonful or two of purgative, in a little warm sage tea, sweetened, if preferred, wait ten or fifteen minutes, then give an easy

emetic, say ten grains of ipecac, or its strength of emetine, with ten grains of sulphate of zinc, stirred up in a little strong sage tea, pretty sweet, once in ten minutes, until the patient has vomited twice pretty freely, giving some of the sage tea every time he vomits. After vomiting let him take a cup of hyson tea. In three hours after vomiting the last time, give a laxative of rhubarb and magnesia, say a tea-spoonful of each, stirred up in sweetened water, thin, so that it can be easily taken; repeat this once in six hours, until it operates. If it does not operate after two or three doses, it may be assisted with an injection. You need not wait for the laxative to operate before you begin with the quinine; a good form is the quinine bitters, formerly mentioned, or the quinine powder, with the wine after it, may be given; in either case, it should be given in grain doses, once in two hours, and some light nourishment should be given after each dose. In lighter cases, it is sufficient to give the quinine through the day and until bed time, and then an anodyne may be given, to promote rest through the night; but in severe and very malignant or rapid cases, the quinine should be continued through the night. It may be given, if the patient is restless and uneasy, in combination with opium, or morphine and ipecac, or with Dover's powders.

Let the patient have a good, kind nurse; be kept quiet, in a large, well-ventilated room, just warm

enough to be comfortable to the attendants, with no more company than is necessary to take proper care; except, at lucid intervals, a prudent, quiet and valued friend may be admitted, for a shorter or longer time, according to its effects on the spirits and strength of the patient. The patient should be kept clean, and every thing about him and about the room. The strength must be supported with proper nourishment; beef tea, chicken broth, with rice boiled in it, boiled milk, milk porridge, farina, etc. When the strength and pulse flags, at the crisis, or at any other time, give wine whey, wine and water, wine or brandy, or brandy-sling, according to the condition or requirement of the patient, judging by the pulse. P. S.

N. B.—At the commencement of all these diseases, I would give quinine in four grain doses, once in six hours, when the fever is off or low, until thirty grains have been taken, then proceed as directed by father. I have ever practiced this. I think it makes an impression upon the disease, and often breaks it up, if not, I think it shortens its career; but either method will succeed; have no fears, only watch the symptoms closely, and combat every tendency of the disease to locate upon any vital organ, particularly the brain. I never lost a patient with this disease alone, neither did father, but still I prefer a few large doses on the start. You may have many long and anxious days and nights to watch, but do not fear the result; and if you employ a physician, study well



this treatment, and see and know that it is followed ; here is safety, with any other course, there is danger.

CASE OF A PATIENT, SICK WITH FEVER, ALMOST KILLED  
BY BAD TREATMENT, FINALLY RESCUED.

An English clergyman, of the Independent persuasion, was officiating in the place where I was practicing medicine, in the year 1827. He was a fine and quite gifted old man, but had rubbed against the aristocracy of old England, and peeped into the company of the Tory swells, enough to become contaminated with that despicable *hauteur*, which is so disgusting to Americans. I, unfortunately, had fallen under his displeasure, having, in several instances, infringed upon his haughtiness. On one occasion, he was descanting on the comparative deficiency and feebleness of American intellect. He said : "The Americans have not the strength of mind, the sound brains of the English ; they can not have, the climate will not admit of it." To which philippic, I meekly replied : That I was not very well informed in regard to the remarkable influence of the climate of England. I had only learned that the depressing November fogs of that country were thought to be the occasion of the extraordinary number of suicides there.

Again, when he had opened a business meeting with the pompous declaration : "We are all on an equality here ; there are no superiors, and no inferiors

here; every man has a right to his opinion; and I hope every man will speak his mind freely;" I had the temerity to differ from him on the subject before us. He became my inveterate enemy. Although he had been very urgent to have me stop in this place, saying, with almost fulsome flattery, "You must come and settle among us; we want a physician here that has brains," yet he now opposed me in every way possible.

A brother Englishman came into the place, and was immediately taken with fever and ague. He was of sanguine temperament, and had a vigorous constitution, and had the disease in its full force. My reverend opponent directed him to send several miles for a physician, who seldom did much for his patients but bleed them. He bled him every time his fever came on. His paroxysms were earlier every day, and became more violent each time. The man that lived in the same house where the patient was, had confidence in me; knew something of my mode of treatment, and believed he would die with his present treatment. He came to me, and insisted upon my going to see him. Loth to interfere with another's patient, I went reluctantly with the man. I found the patient in high fever, with a round, full pulse, very compressible, and in a state of perfect stupor, with heavy breathing and frequent deep sighs. To the question, "What do you think of him?" I replied, "If he lives through this paroxysm, he will die in the next."

“Can nothing be done for him?” “He possibly might be saved with right treatment,” I said. “Well, you must tell me what to do,” said he, “and give the medicine, and I will see that he has it.” “Well,” I said, “wash him all over immediately with carbonate of potash, in water a little warm; put strong mustard drafts to his feet and legs, a mustard plaster on his chest, and wet his head with cold spirits and water, keeping the head cool and the feet warm; and if he comes out of this paroxysm, call on me and I will give you some medicine.” He came over in a few hours, and said the patient had come to himself. I gave him my quinine bitters and some Dover’s powders, and directed him to give a table-spoonful of the bitters, once in two hours, while the fever was off; and the powders, once in six hours, while the fever was on. A few days after that, the sick man, with much apparent gratitude, came to thank me for saving his life.

P. S.

#### SCARLET FEVER (SCARLATINA).

Scarlet Fever is a disease that has prevailed for a long time throughout the civilized world, destroying children by thousands. Medical writers describe three varieties of Scarlet Fever:

Simple Scarlet Fever (*Scarlatina simplex*);

Scarlet Fever with sore throat (*Scarlatina anginosa*);

Malignant Scarlet Fever (*Scarlatina maligna*).

The Scarlet Fever is what is commonly called



Canker-Rash. In its simplest form there is not much soreness in the throat, and only a scarlet redness in the fauces (back part of the throat). The most malignant variety has commonly gone by the name of Putrid Sore Throat.

Medical men differ on the subject of the cause of Scarlet Fever. Some think it is an epidemic disease, and others consider it is contagious. A great majority are of the latter opinion. It matters not which is correct, if the immediate proximate cause is understood.

The first symptoms observed are general debility, some nausea, sometimes increased to vomiting, slight chills, followed, finally, by considerable heat and thirst. In from two to six days the rash appears; first, about the face and neck, and, within twenty-four hours, extends over the whole body, also in the nostrils, inside of the eyelids, and through the whole mouth, a scarlet redness appears. This scarlet redness may generally be seen in the back of the throat, at the commencement or previous to the commencement of the other symptoms.

The proximate cause of the disease seems to be in the stomach, in which a g'utinous and very tenacious slime is secreted, which is the cause of all the succeeding symptoms. The method of effecting a cure, therefore, is to remove the offending cause, and to change the action of the stomach, which produces that cause, both of which are fulfilled by the following



treatment: First, give an emetic. This must be of something that will not act drastically, as physic, upon the bowels, which would be fatal, or very injurious. A good emetic is blue vitriol and ipecac. I prepare half a tea-cupful of strong sage tea, well sweetened, add four grains of blue vitriol, pulverized, two tea-spoonfuls of spirits, and twelve grains of ipecac, for a child two years old. Let the patient be prepared, by being made warm, especially the feet, and by giving some warm drink, such as sage tea; then give one-fourth part of the emetic, once in twenty minutes, until the patient has vomited freely two or three times. After each vomiting, give plentifully of the weak sage tea. Three hours after the vomiting ceases, give, in a little sugar and water, a tea-spoonful of a mixture of magnesia and rhubarb, two parts by bulk of magnesia to one of rhubarb, once in six hours, until it moves the bowels. If the first dose should be vomited, wait a few minutes and give another.

The above mentioned course dislodges the viscid cause of the disease from the stomach and bowels, and, if administered early enough, in nine cases out of ten, breaks up the disease entirely. The disease may be discovered by the scarlet redness in the back part of the throat, before any other symptom is manifested, when the above treatment will prevent all further manifestation of it. When the above is applied in season, and is successful, the after treatment is

very simple. Half a pint of sage tea, sweetened, a tea-spoonful of bicarbonate of soda, and a table-spoonful of paregoric; give half a table-spoonful once in two hours. When the disease has not been arrested in the beginning, and the throat is affected with sores and ulcers, use the following gargle: Blue vitriol thirty grains, myrrh thirty grains, water one-half pint, honey or loaf sugar one ounce. If malarious diseases prevail, give a tea-spoonful of quinine bitters once in three hours. P. S.

If the tongue is coated with a brown or yellow coat, the quinine bitters should be given from the first.

#### “ MISPLACED INTERMITTENTS.”

This is not a scientific name for any disease or diseases, but it is a name which we have given to a large number of diseases which are caused by “marsh effluvia,” or which make their appearance in newly-settled countries, where the land is for the first time being brought under cultivation in large quantities. In such localities, nearly every disease will partake, more or less, of the periodic type; that is, it will have paroxysms, or particular times, each day or every other day, of being worse. All these diseases need quinine; nothing has been revealed to the world yet that can take its place. I might say, in these complaints, there is no salvation without it; and as in these localities all diseases partake more or less of this

periodic tendency, and all are affected more or less by this “marsh effluvia,” all need quinine; whatever other medicine they may need, they need this too. Thousands of physicians have failed, through a want of this knowledge. I confess I would consider the *Materia Medica* nearly worthless, if it did not include this sublime medicine. We could spare any other article better than this one. If a person is afflicted with any disease whatever, and the tongue is coated with a brown coat, and the symptoms are worse one part of the day than another, they always need quinine; it will always do them good; many times they would die without it. Does a person have the toothache at the same hour every day? Quinine, in proper doses, will cure it. Do you have neuralgia in the head or face at a particular hour every day? Quinine bitters will cure it. Does a person have the itch, or any other disease of the skin, and the ordinary remedies fail to cure? Give the quinine bitters, and a cure is rapidly effected.

I need not go on; I have said enough so that my meaning will be understood, and to show why, in the West, quinine is needed in nearly every disease. I have seen a bad cut, that would not heal for months; after taking quinine for a few days, it commenced to heal rapidly. Of course other medicines are needed beside quinine. The bowels must be kept open in all diseases; and in diseases of the skin, alteratives must be used to cleanse the blood, such as iodide of potas-

sium, etc., as directed in particular cases. Sound judgment must be used in every case.

If a patient is taken sick in any part of the country, even where marsh diseases do not prevail, it is well to inquire if he has been traveling in a marshy country, or a new country, or if there has been any large amount of animal or vegetable decay about where he or she resides; if so, quinine is needed, east or west, north or south. Fever we believe to be fever, whatever it may be called, and the cause is debility of the system; and the fever is high (as in Inflammatory or Bilious), or low (as in Typhoid or Typhus), according to the amount of vital life-force existing at the time of its occurrence, in the particular patient. (See Fever.) Hence tonics, like quinine, are necessary in all fevers; and medicines that reduce the system, like calomel and antimony, often make a Typhoid Fever out of a fever which was plainly Bilious at the commencement, and which would have remained so, until cured, if it had been properly treated. But we did not intend here to write a treatise on fevers, and will close by saying that we call all diseases misplaced intermittents which evidently take the place of an intermittent fever, a thing which frequently occurs. I have often seen persons suffer from Headache or Toothache, for two or three hours, or more, every day. If they had a little more "marsh effluvia" — a predisposing cause of fever — in



the system, they would have Ague and Fever in place of the Headache or Toothache.

All diseases that manifest themselves in this way are cured better by quinine than by any other remedy. It is the medicine of America, given by a merciful God to help us to counteract the influences of the flood, sent as a punishment for our sins or the sins of our fathers.

## YELLOW FEVER.

This disease has been the subject of endless controversy among medical men, differing in relation to its nature, its cause, and its treatment; some strongly urging its contagious character, others as vehemently asserting its miasmatic origin; some strenuously recommending an active treatment of bleeding, calomel, and active purgation; others, condemning all harsh treatment, advise nothing but the mildest and most soothing remedies. Having no experience with Yellow Fever as it exists in our Southern States, it is presumed that I shall not be supposed qualified to give reliable advice in relation to its treatment.

In Oneida county, in the State of New York, there is a flat region of country lying between the sluggish stream of Wood Creek and the Erie Canal, and in their vicinity. In the hot season of the year, the inhabitants of this region are much subject to disease, which is there called the Lake Fever, which is a violent form of Bilious Remittent Fever. Before the

proper treatment was well understood, it was very fatal, hundreds dying annually, many in the first, and more in the second paroxysm of the disease. The disease, in many instances, exhibited all the symptoms described as symptoms of Yellow Fever; the nausea, the irritability of the stomach, the black vomit, and the yellow appearance of the skin, were all well marked. This disease was finally conquered, and the fatality of it almost or entirely prevented, by the treatment laid down in this treatise for the cure of Bilious Remittent Fever. Besides the quinine and brandy during the intermission, in urgent and apparently rapid cases, we frequently, without waiting to evacuate the stomach and bowels, begin with a dose of five grains of quinine, washed down with thirty or forty drops of dilute sulphuric acid, in half a gill of sweetened water; then follow with emetic, cathartic, Dover's powder, quinine, and brandy, and equalizing the circulation and allaying the irritation of the stomach, as stated in Bilious Fever. The balance of testimony is, that Yellow Fever is of miasmatic origin, and should be treated accordingly. P. S.

#### NERVOUS FEVER.

Persons who are troubled with weak nerves, or those who have been worn out with severe labor, great anxiety, long watching, or any thing else that produces debility of the nervous system, are liable to

this disease, or what would receive this name. It can not be called a disease by itself, but a person sick with any of the fevers named, whose nerves were in the condition named, would be said to suffer from Bilious Nervous Fever, Nervous Typhoid, etc. The fever should be treated according to the directions for treating that type of fever which manifests itself, and the nervous symptoms should be treated with the proper remedies for nervousness. Valerian, either the root made into a strong tea, or the fluid extract, may be used in such cases, in connection with the proper remedies for fever.

## CHAPTER VI.

### INFLAMMATORY DISEASES.

ALL inflammatory diseases are fevers, with a determination to the particular part inflamed, and are to be treated in the same manner as we treat general fever, observing the same distinction of the different varieties — Inflammatory, Typhoid and Typhus — making use, in addition, of such counteracting applications as the locality of the inflammation may require.

Inflammation of the Head is characterized by violent pain in the head, generally attended with more or less nausea or vomiting, redness of the eyes, flushed face, commonly with delirium, which is some times very violent; wakefulness, light and sound disturb the patient; the pulse is hard and frequent, and, at first, generally full. The treatment must be active; follow the treatment of fever, according to the variety. If it is of the Inflammatory type, and the pulse is strong and heavy, bleed and physic thoroughly; strong mustard drafts and warmth to the feet and legs, with cold applications to the head, and the head raised somewhat on the pillows. If the disease is unyielding, cup the temples, apply a blister to the



back of the neck or behind each ear, and a mustard plaster over the chest. It may be the patient now is cured; but, if the disease is only checked, and some of the symptoms remain, continue the treatment in a more moderate way; keep the bowels open with milder laxatives. Epsom salts and magnesia, of each a tea-spoonful, once in two hours, until it operates, will answer well; a small blister on the inside of each leg, just above the ankle, should be drawn, and, in two or three days, if necessary, they may be applied just above the calf of the leg, on the inside; let the diet be light, beef-tea taken once in three hours, bread gruel, milk porridge, boiled rice, chicken tea, etc.

If complete remissions should take place, alternating with paroxysms of fever, we should give quinine, once in three hours, when the fever is off, and a Dover's powder, once in six hours, when the fever is on.

P. S.

#### INFLAMMATION OF THE EYES.

The fever, in Acute Inflammation of the Eyes, is to be treated on general principles, with the proper local and counteracting applications added. Now, be careful what you apply to the eyes; they are very tender organs. Patients often come to me with eyes entirely ruined by improper and harsh applications while inflamed. Nothing should be applied that gives pain, or much smarting. The application should not be very cold or very warm. If too warm,

it increases inflammatory action, and the flow of blood and humors to the parts; if too cold, a reaction takes place, and the heat and inflammation is increased. Let the application, therefore, be about blood heat, or a very little below, and of the mildest kind. Milk and water, an infusion of slippery-elm bark and sour butter-milk, for a change, is sometimes advantageous. The eyes should be kept constantly wet, by being covered with soft linen, folded in three or four thicknesses, wet, and so frequently changed as to prevent the eyes from becoming dry or hot. Physic is necessary, according to the variety of fever that exists; Epsom salts and magnesia are generally appropriate. Counter, action is important—drafts to the feet; keep them warm and the head cool. If the inflammation does not promptly yield to the above treatment, blisters should be applied to the back of the neck or behind the ears.

It frequently happens that the patient is bilious, and would have Fever and Ague, or some other form of Bilious Fever, but the disease goes to the eyes; and this may be known by the exacerbations and remissions—that is, the patient is for some hours each day, or every other day, much worse, and the other part of the twenty-four hours comparatively comfortable. In this case, add to the above that treatment which is directed in Intermittent Fever, viz.: quinine bitters, once in three hours, when the pain or fever is light,

and fever powders (Dover's powders) when the pain or fever is on. P. S.

## CHRONIC INFLAMMATION OF THE EYES.

Acute Inflammation of the eyes frequently leaves them in a state of Chronic Inflammation, which consists, generally, of inflammation of the small glands of the inside of the eyelids, forming rough granulations, which, constantly rubbing against the ball of the eye, keep up a continual irritation.

Treatment: The general health must be restored on general principles. A mild astringent wash, frequently applied through the day, and an alterative wash once a day (see Recipes); or, touch the granulations, once a day, with a smooth crystal of blue vitriol. If the case prove obstinate, irritation should be kept up behind the ears or back of the neck.

*Case.*—About the year 1835, in Westmoreland, Oneida county, New York, I was called, in the latter part of the night, to go about five miles, to see Noah R——, who was said to be in great pain, and had been all night, so much so that one eye had burst open, and they wished me to go as soon as possible. I saw him soon after daylight. I found him in great distress; he had not slept any through the night, and was completely discouraged. It was winter; I was cold with my ride; I gave him an anodyne, Dover's powder and paregoric, and went out by the fire to

warm. He was at his father's house. His father was a Quaker, a fore handed and respectable farmer. From his mother and himself I soon learned his history. Six years before this, he was married. His father gave him \$1,300 to begin with. He bought a boat on the Erie Canal, which plied through the Montezuma Swamp, back and forth, all summer, and brought him a handsome profit; and although most of his hands were taken down with Fever and Ague, or Bilious Fever, he exultingly escaped; but in the winter following, a kind of inflammation of the eyes, which was thought to be contagious, prevailed. He took the disease, and it was very violent. He tried many doctors and many things, but the disease clung to him. His summer earnings were soon spent, and he was obliged to sell his boat. He visited all the eye infirmaries he could hear of; he went to Rochester, Albany, New York, Boston, Philadelphia and Baltimore; but these respectable and often remarkably successful institutions, failed to give more than a temporary relief, probably not considering it a case of Misplaced Intermittent.

His countenance was of a bilious hue. His tongue was coated with a light, dull yellowish fur. His eyeballs had no appearance of eyes, but were covered with granulations, and had the appearance of lean meat. The left eye was diminished, so that I believed, as he did, that it had burst open during the night. I said, "Well, Noah, your eyes are very bad,



indeed. Can you discern daylight from darkness?" "Yes," he said; "and with my right eye I can discern when a person is passing before me. Do you believe you can do any thing for me? I have given up the idea of having my eyes cured; but, if you can do any thing to relieve my distress, I shall be glad." I said, "I think the great reason why your prescribers have not succeeded, is probably because they have not attended sufficiently to the improvement of the general health. The seeds of disease are in the system, and must be removed before the eyes can be cured. Now, I have strong objections against prescribing for you, unless I can have the sole charge of you, at least six months; because, if you continue as you have hitherto proceeded, you are sure to be helplessly blind, and I choose to have no hand in it; but I sincerely sympathize with you, and shall be glad to benefit you, if I am able. I have hope that the disease may be arrested, and you be so far restored as to be able to see to walk the street without running against the fence." "Well," says he, "I wish you would take the charge of me, but it must be as father says." His father soon came in, and inquired, "What will thee do for him?" I explained to him my views of the case, and gave him an outline of the treatment which I proposed to adopt. "Well," he says, "thee may try." I proceeded to give an emetic of ipecac and sulphate of zinc, of each fifteen grains, dissolved in a little strong sage tea; after vomiting, he drank

freely of weak sage tea. In twenty minutes after taking the emetic, he took the second dose, and vomited freely. I inserted a seton in the back of the neck, and gave twenty grains of calomel, with six grains of Dover's powder, to be taken three hours after the vomit is done operating, to be followed, in two hours, with rhubarb and magnesia, to be repeated in six hours, if the bowels are not freely moved by the first dose. I added the following directions: "After the physic has operated, take quinine bitters, a table-spoonful, once in three hours through the day, when you have but little pain or fever, not more than you now have; if you have much pain or fever, take a Dover's powder, with some warm tea after it. See that your feet are kept warm and the head cool. Keep the eyes wet through the day, with soft water and milk, by wetting with soft linen cloths, folded to the thickness of three or four folds, and applied neither very cold nor very hot, but a little below blood heat, and changed as often as they become too dry or too warm; and, at bed time, apply a poultice of some simple moist and cooling material, such as the pulp of raw potato, scraped fine, placed between two pieces of fine linen, or you may use the pulp of a baked sweet apple, or a boiled turnip. After this day, take a blue pill every other night, and three corrective pills the next morning. Continue the above course until I see you again. There is nothing to be done with the seton until it begins to discharge.

Now, take courage; I have strong hopes of doing as well for you as I told you, and perhaps better."

I visited him in five days, and found him much encouraged. He had observed the directions faithfully, and had been comparatively comfortable. The seton began to discharge; we dressed it, and I directed it to be dressed and washed with Castile soap and water, and the string turned, every day. I then touched the granulations on the inflamed eye-lids, which produced considerable pain, and we washed them, as soon as possible, with milk and water.

The whole of the above treatment, with the daily application of the blue vitriol, was continued a month, without much variation. At the end of that time, I said to him, "Well, Noah, I shall do better for you than I promised; you will be able to read coarse print." He was much encouraged and elated. He was able to see the windows, and could discern persons passing by him; and could discern light nearly as well with the left eye, that was supposed to have burst, as with the other. His tongue was clean, and his appetite pretty good. I now stopped the quinine bitters, and directed him to take two tablespoonfuls of cascarilla bitters, three times a day, before meals; stopped the blue pill, and ordered corrective pills, every night when the bowels had not moved freely within the last twenty-four hours — enough to move the bowels in the course of the next day, probably from three to five. I also gave him



two kinds of eye-water, which I call my common eye-water and alterative eye-water; the alterative to be applied once a day, and the common to be applied several times a day. I gave him, besides, a box of my salt rheum and itch ointment, to smear the edges of the eye-lids, and a little between the lids, on going to bed. He observed all these directions punctually. He was able to walk about in the neighborhood, was in good spirits and full of hope.

After another month, I had the satisfaction to tell him that he would become still better than I last promised him. He would be able to read fine print. The last treatment, without much variation, was continued; the seton lasted six months, and his eyes were as good as ever, both of them; and he never forgets to express his gratitude to me, or to recommend me to every person he meets, that has diseased eyes.

P. S.

#### INFLAMMATION OF THE LUNGS, AND PLEURISY.

Pleurisy is an inflammation of the pleura, which is the membrane lining the inside of the chest, and covering the lungs and all the viscera of the chest. In Pleurisy, a violent pain is felt in the chest, generally on one side, with a stitch or catch of pain on coughing, or on taking a long breath. When the substance of the lungs is the seat of the inflammation, the pain is more obtuse or dull, but the breathing is



much oppressed, and the pain is generally under the breast bone, but some times in one side, or under the shoulder-blade. A cough generally attends diseases of the chest. In Pleurisy, it is more short and dry; in Inflammation of the Lungs, it is frequently attended with a viscid phlegm. In both cases, the phlegm often appears bloody, which I have not found to be an unfavorable symptom, unless it was clear blood, unmixed with phlegm.

The treatment of the different forms of inflammation of the chest is similar. Fever always attends; it may be inflammatory, typhoid or typhus, and must be treated accordingly. The different varieties are distinguished principally by the pulse, assisted by the concomitant symptoms. In the inflammatory variety, the pulse is hard, full and quick; the face is flushed, the tongue is covered with a thick, white fur, the skin hot and dry, and the urine high-colored and scanty. With the typhoid variety, the pulse is more nearly natural, with now and then a tense stroke; the flushed face is less prominent, and color not so equally diffused over the face, but appears more in spots. In the typhus variety, the pulse is small and frequent; the countenance pale, with, frequently, a circumscribed red spot on the cheek; great debility, and, sometimes, delirium.

The treatment of these diseases is the same as the treatment of fever, according to the variety which prevails, with the addition of suitable and proper

counter-action, or external irritation. In the inflammatory condition, bleeding may be proper, and often is most important, and the great remedy to be relied on; but this is not often the case, in this climate. The most common variety here is the typhoid. In this region, a kind of Bilious Pleurisy frequently occurs, which seems to be a combination of Bilious Remittent Fever with Pleurisy, and is, probably, produced by the combined causes of Bilious Fever and sudden vicissitudes of weather, and is to be treated by a combination of the treatment of those diseases. All of these forms of diseases of the chest, with their treatment, will be more fully elucidated by the following cases. P. S.

*Case 1. Pleurisy with Inflammatory Fever.*—January 17th, 1837, G. W. L——, Westmoreland, Oneida county, New York, aged nineteen, came home in the afternoon, towards night, from the woods, where he had been chopping firewood. He complained of being very chilly, some pain in the head, and pain all over, with frequently a sharp stitch of pain in the right side. He went to bed, and took some warm drink, but the pain in the side increased rapidly, with high fever, and the breathing, on account of the pain in his side, very distressing. Old Dr. P——, a fine old man, and a good physician, celebrated for his skill in treating fevers and inflammatory diseases, who had formerly for a long time resided in this town, happened to be in the neighborhood, and

was called in to see this young man. He staid with him all night, but he grew worse, and in the morning I, six miles off, was sent for.

I found him bolstered up in bed, with great pain in his side, very painful respiration, high fever, skin dry and hot, countenance flushed and almost purple, with a pulse, full, strong, and with bounding rapidity. The old doctor sat in the room watching my motions. I turned to him and observed, "There is strong action, doctor, high inflammation; what have you done for him?" "Well," says he, "I thought I would try the new treatment. The Thompsonian, lobelia and pepper practice, was a new thing, and had taken with many, and a pepper doctor in the county had been extolled, as doing with lobelia what physicians did by bleeding, and doing it better." The old doctor had tried it thoroughly, through the night. "Well," says I, "you have been in the habit of bleeding in such cases, and I think it is best to bleed him now." "Yes," says he, "I think so; bleed him." I then bled him from a large orifice, until he began to faint. His pain was removed. I waited half an hour, and his pain returned in some degree; corded his arm again, and let the blood flow, to approaching faintness. Again the pain was relieved. Waited another half hour; it did not return much, but it hurt him to take a long breath; applied a mustard plaster to the side, gave a large Dover's powder, and ordered physick.



in six hours, and another powder after it. Saw him next day; he was cured. P. S.

*Case 2. Pleurisy with Typhus Fever.*—Mr. E—, of Dunkley's Grove, had the Pleurisy. When I first saw him, he had pain in the left side and under the breast bone, much distress in breath, inclined to cough, but restrained himself as much as possible, on account of the pain it produced. His skin was dry, countenance pale, tongue furred with a brown fur, considerable thirst, delirious at times, his pulse small, frequent, about one hundred and forty in a minute, with frequent faltering strokes. A kind old lady of the neighborhood was present, who was accounted a good nurse. She was from Vermont, and had been accustomed to see patients bled for Pleurisy. What physicians didn't know, she could tell them. "Well, doctor," says she, "I suppose he must be bled." "By no means," says I; "I would not dare to bleed a patient with such a pulse." "Why," says she, "Dr. N—— bled Mr. W—— the first thing, and he was just like this man. He had the Pleurisy; his tongue was brown, or nearly black; and the doctor said his pulse was a hundred and forty in a minute; I know it was very small, I could hardly feel it." "Well," says I, "did the bleeding help him?" "Yes," says she, "I thought it did; he breathed easier after it." "Did he get well?" "He died the next day."

My patient had remissions for six or eight hours every forenoon. I prescribed as follows: A Dover's



powder, with a grain and a half of quinine in each powder, once in four hours, in the afternoon and night, and quinine bitters, once in two hours, in the forenoon; a mustard plaster on the side and over the breast-bone; the quinine bitters to be given between the powders, if the thirst is not great, if it is, give an effervescing draft; give some warm diaphoretic drink immediately after the powder; move the bowels once in two days, give rhubarb and magnesia in four hours after, assist the operation with an injection.

The patient was better the next day. The medicine was stopped through the night, but continued through the day. He was able to sit up in three days; in a week he was around; soon was well. The good old dame thought I was a numskull, because I refused to bleed him; she would not stay, and a nurse was obtained that did not know more than the physician, and the directions were well followed. P. S.

*Case 3. Pleurisy with Typhoid Fever.*—Mrs. C——, a lady considerably advanced in years, over sixty, was taken with violent pain in her left side, breathing was distressing, some cough, rather dry; some fever, with a white fur upon the tongue; pulse nearly natural, sometimes intermitting, and, now and then, a tense stroke. Ordered a Dover's powder, with some sweating tea after it, to be repeated in four hours, if a gentle perspiration was not produced by the first powder; two bilious pills, six hours after the powder, wait four hours, and give one bilious pill.

once in three hours, until an operation is produced; then give another Dover's powder; a mustard plaster over the pain. The next day she was cured.

This form of Pleurisy is common in this region, and is cured by the above treatment. Sometimes it continues a little longer. The mustard plaster should be continued while the pain lasts; the powders once in six hours, and a mild laxative every other day.

*Case 4. Bilious Pleurisy.*—J. A. B——. Violent pain in the left side; taken with chills, pain in the bones, considerable fever; bilious countenance. Ordered a mustard plaster over the pain, a Dover's powder, with diaphoretic drink, followed, in six hours, with bilious pills. After the physic, take a powder, once in six hours, if there be pain or fever. Second day, much relieved; the powder produced a moisture on the surface, and the physic operated favorably. Third day, fever and pain return; pain not as severe as the first day. Give a powder, once in six hours, while the fever lasts; as soon as the skin begins to be moist, begin with the quinine bitters, and take a table-spoonful, once in three hours, while there is not much fever, and the powders when the fever is on; apply the mustard when there is much pain; take the Welch medicamentum, or the corrective pills, enough to move the bowels every other day. The patient was well in five days. Such cases are common in this region, and in all places where malarious diseases prevail.

P. S.

SEQUEL OF PLEURISY.

*Case of Empyema.*—In the month of August, 1826, when I was a young physician, Nelson B——, a young man, about twenty, was brought to me by a mutual friend, to see what I would say about his case. His countenance was pale, with a haggard look of despondency; his breath was short, and very much obstructed, and, with a weak and trembling voice, he wished my opinion of his case. His heart was beating on the right side; his body was inclined over to the right; his shoulder, on the left side, considerably raised; the ribs pushed out as much as two inches, and the sternum elevated. He was much emaciated; had an incessant, dry cough, and could not lie down at all. On inquiry, I found he had the Pleurisy the winter before; was very sick, and had been inefficiently treated. His case was bad, almost desperate. I sat soberly reflecting what to say to him, when he said to me: “Don’t be afraid to tell what you think of me; it will not frighten me.” “Well,” says I, “I think there is as much as three pints of matter in the cavity of your body, and you will die unless it is let out, and I don’t know but you will if it is; that is your only hope; you must have an incision made between the ribs, and let the matter out.” My opinion did not frighten him, but rather encouraged him; he had despaired of recovery. I advised him to go to two respectable practitioners, in the village of C——, that



I had confidence in, and not depend solely upon my opinion, as I was young. On his way home, he met the pretended physician that had attended him in the Pleurisy, and told him my opinion; he condemned it, and said it was not so. He then went to the honest old physician who had visited him a few times in his present condition, and told him my opinion. "Well," says he, "I guess he is right; but I declare I never thought of it." He then went to see the men I advised him to see; they said I was right, and the operation was the only hope. We met together, and made the opening between the fifth and sixth ribs. After discharging a four-quart tin-panful, he fainted. We put in a tent, and laid him down. He soon revived, and, with tears in his eyes, told me I had saved his life. The next day, the tent was removed, and two quarts more of purulent matter extracted. It continued to discharge a pint a day until November, then gradually diminished. Two years afterwards, he was said to be the smartest man for work in Wayne county.

P. S.

*Another case of Empyema — Sequel of Pleurisy.*— Phœbe W——, a beautiful and interesting daughter of a Quaker family, in Oneida county, New York, was near eighteen, of a constitution rather slender, and of a sanguine, nervous temperament. She labored in a cotton factory at York Mills, and was there taken with Pleurisy in the right side. After the violence of the symptoms had abated, she was left with a har-



rassing cough, and being unable to work in the factory, she was brought home, and I was sent for. Her cough was dry, and continued night and day. I prescribed demulcents and anodynes. On the next visit, the remedies for cough had produced little, if any, effect. She had hectic fever and night sweats. She complained of a dull pain and sense of weight and oppression in the right side, in the region of the upper lobe of the right lung, which, she said, was the place where she had violent pain when she had the Pleurisy. Upon applying percussion, a dull, heavy sound was produced; by auscultation, it was discovered that air entered the lung, though not quite with normal freedom, yet enough to decide against the idea of hepatization. I began to suspect a collection of matter. On examining the side externally, I found it was evidently swelled; the ribs were pushed out, and in one place they seemed further apart than usual, and there was a place very tender to the touch, between them. Fully satisfied, now, of a collection of matter, I proposed to make an incision; but the idea was horrible to the patient and to her mother. They being so much frightened and alarmed at the thought, I was nonplussed, and began to cast about in my mind what might be done. At length, I thought I would persuade them to permit me to insert a seton, and would plunge the needle so deep that it would produce the desired effect. They readily consented to the seton. I plunged it in deep, but it did not go through.

The next day, I visited the patient; the mother said she guessed the seton was working well, for it ran a quart last night. She went back to the factory in a fortnight. We shall hear of Phoebe again. P. S.

#### INFLAMMATION OF THE LUNGS AND PLEURISY.

I will only add a few words to the treatment of these diseases which has been so admirably given by my father; and those words only to impress upon your minds the soundness of his theory, and the certainty of success if his directions are followed. Many persons are killed outright by bleeding, and other reducing treatment, in these complaints. General Harrison, President of the United States, was undoubtedly killed by bleeding; he was from what was then the West, and lived in a marshy district; he was bled when he should have been stimulated, and lost his life in consequence.

About eighteen years ago, I was called to see a man over sixty years old, who was suffering from Bilious Pleurisy. When I arrived, he told me all he wanted was that I should bleed him; he had had many such attacks, and bleeding was a sure cure. I tried to persuade him that it would not answer now; that his disease was a "Misplaced Intermittent;" that the inflammation was apparent, and not real. He would not believe me. I refused to bleed him. He paid me for my trip, and sent for Dr. N——, who came and bled him as he requested; the next morning, he

was a corpse. He was visiting at the house of a friend; that family ever after employed me, as long as I continued to practice.

I have been in the habit of making my Dover's powders strong enough, of opium or morphine, to relieve the pain, and keep up this effect until the disease is removed. I might give scores of interesting cases, but they would only corroborate what has been said.

#### INFLAMMATION OF THE BOWELS.

Inflammation of the Bowels is attended with fever, great pain and soreness of the bowels, much increased on pressure; swelling of the abdomen generally supervenes. Writers divide this disease into two species: enteritis, which is inflammation of the coats of the intestines, and peritonitis, which is inflammation of the membrane that lines the cavity of the abdomen; but as the treatment and most of the prominent symptoms are similar, we will treat them under one common head.

Inflammation of the Bowels is frequently a rapid and a dangerous disease. The treatment should be prompt and vigorous. In addition to the remedies prescribed for general inflammation, according to the different variety — inflammatory, typhoid or typhus — which ever may exist, appropriate topical applications are to be used. Bleeding, cupping, blistering; irritation with mustard plaster, with antimonial oint-



ment, and with stimulating liniment; fomentations, with bitter and stimulating herbs, with tobacco added to them, and emollient injections with tobacco also; all of which are more clearly explained in the following cases.

*Case 1. Inflammation of the Bowels.* — Mrs. S. J——, aged about twenty-six, of a constitution rather feeble, nervous and irritable. About a week after confinement with her first child, she was taken with chills and pain, she said, all over. The next day, I was sent for, and found her with great pain in her bowels, much swelled and very sore. She lay on her back, with her feet drawn up; pulse a hundred and thirty, with a quick stroke; considerable fever and thirst; the stomach irritable, and she vomited frequently, which gave her much pain. I proposed to cup her, and she reluctantly consented. She felt so much relief from the first application of the cups, that she proposed the second, and then again the third, and so on until they had been applied in six places. The disease was subdued. After the cupping, a Dover's powder, in six hours, physic (magnesia and Epsom salts), then another powder. She was convalescent the next day. P. S.

*Case 2. Inflammation of the Bowels.* — Mrs. H. L——, of an excitable and not very strong constitution, and of costive habits, while in her monthly condition, took a sudden cold, and feeling violent pain in her bowels, took, of her own accord, two table-spoon-



fuls of castor oil. Half an hour afterwards, she vomited very hard; the pain in her bowels increased, and they were much swelled and very sore. I was then sent for; she was in great pain; her bowels much swelled, very hard and very sore; her pulse a hundred and forty in a minute, small, tight and irregular; inclined to vomit. Gave her forty drops of laudanum, with twenty grains of calomel, to be followed, in one hour, with an ounce of castor oil. The bowels were fomented with an infusion of wormwood and hops. The physic was retained on the stomach. Three hours after the oil had been taken, an injection was administered, of an infusion of boneset, milk and molasses. The injection came away, in half an hour, but produced no relief. About the quantity of a pipeful of tobacco was added to the fomentation on the bowels, and about the same quantity to an injection. This was administered, and retained about fifteen minutes. Some relaxation seemed to be indicated by the pulse, which was less frequent and not quite so tight. There was also a little nausea. An effervescing draft was given. Thirty minutes after, the fomentation, with the tobacco included, was renewed, and another full injection like the last administered. Within an hour after this, she grew deadly pale, complained of sickness at the stomach, threw herself about and over on her side, then vomited with all her might; and soon her bowels moved powerfully. Gave her a little brandy-sling; removed the tobacco

fomentation from the bowels; washed her with spirits and water, and gave her a cup of tea, with a little toast. Called to see her the next day; she was cured. P. S.

*Case 3. Inflammation of the Bowels (Peritonitis.)*  
—Mrs. E. S—— had a painful swelling in the right side of her bowels, with considerable fever; bowels constipated. Applied a mustard plaster, and gave Epsom salts and magnesia for physic. Second day: The physic had operated scantily; the inflammation is spreading over the bowels; the bowels are much bloated. Rubbed antimonial ointment over the bowels, and fomentations of smart-weed. Third day: Tongue much coated with a brown fur; pulse a hundred and thirty in a minute; countenance pale and sunken. Spirits and tobacco added to the fomentations; these to be renewed once in six hours, and the antimonial ointment to be rubbed in every time they are renewed. Give corrective pills at night. Fever is remittent. Give a Dover's powder once in four hours when the fever is high; and once in four hours, with a grain of quinine, when the fever is low. Give an effervescing draft as often as she chooses. Fourth day: The clergyman has been in, and informed her that her friends think she will die, and exhorts her to be prepared. She appears very sick, her bowels are very much bloated; but she resents the kind warning of her spiritual adviser, and thinks it untimely. The ointment begins to produce eruptions

on the bowels. Continue the applications on the bowels; give an injection of boneset tea, with tobacco, molasses and milk, once in four hours. My wife and myself consented to stay with them through the night. Fifth day (morning): The injections have moved the bowels pretty freely through the night; the eruptions have increased on the bowels; the bloating has subsided some, and the bowels are less tense and hard; her pulse is a hundred and twenty in a minute, and softer; the remissions are more distinct; and her countenance improves. Give quinine bitters, once in three hours, during remissions; fever powder, once in six hours, when fever is high. She recovered gradually.

P. S.

#### INFLAMMATION OF THE STOMACH (GASTRITIS).

*Symptoms.*—Acute Inflammation of the Stomach commences often with violent vomiting and purging, and with a burning or lancinating pain. The pain and vomiting is generally increased by taking warm drinks. The desire for cool drinks, and aversion to warm drinks, is usually very strong. It is generally attended with great depression of spirits and prostration of strength. The pulse is contracted, quick and tense, and finally becomes so small as hardly to be felt. It may be distinguished from cramp, spasm or colic by the pain or soreness, on pressure, which in colic gives relief. It is caused by irritating substances taken into the stomach; cold water, taken too



hastily, when heated and in a state of perspiration, or other general causes of inflammation. All the active agencies to remove inflammatory diseases can not be so vigorously employed when its seat is in the stomach; and as we can not do much with cathartics, emetics, or any thing which tends to irritate the stomach, therefore we must the more assiduously and thoroughly apply appropriate external means.

Bleed, if necessary—that is, if the patient be strong and the circulation active; external irritation for counter-action is very important; cupping, blistering, or applying a mustard plaster a few hours, and then rub in the antimonial ointment, to produce eruptions. Stimulate the skin to action, by friction and stimulating applications. Keep the feet warm, and stimulated with mustard, or some other rubefacient. Nothing irritating should be taken into the stomach. Mild mucilaginous drinks, such as infusion of elm bark, mucilage of gum arabic, mallows, comfrey, blue violet root, etc. The diet should be of the mildest kind—barley water, thin gruel, and such like—and these should not be very warm, nor indeed, as I think, very cold. I deprecate the practice of some who, in such cases, give ice; for, although it seems grateful to the patient when first swallowed, a reaction is soon produced, and the heat, pain and suffering of the patient is increased.

*Case of Inflammation of Stomach.*—A sister of mine, about ten years ago, had a severe attack of



inflammation of the stomach. After being treated until they thought she would die, they sent for me, sixteen miles. I found her very low and feeble; pulse a hundred and fifty-five; countenance pale, great thirst, and vomited every thing taken into her stomach. I consulted with the doctor in attendance, learned what had been done, and prescribed as follows: Dissolve a drachm of morphine in three pints of water, and add a pint of spirits; wet several thicknesses of cloth in this, and put over her stomach and bowels; give an injection to move the bowels; to relieve her thirst, let her hold ice in her mouth until it dissolves, but not swallow it; give her injections of beef tea, chicken tea, water gruel, etc., etc.; bathe her in spirits and beef brine. In two days she could take a little beef tea upon the stomach; in five days she could eat beef-steak and toast, and soon was completely recovered.

#### INFLAMMATION OF THE BLADDER.

*A Case of Misplaced Intermittent.*—S. D——, a man of middle age, industrious, and of good repute, of bilious temperament, a tanner, currier and shoemaker, was residing in the vicinity of a neighborhood lately made subject to Ague and Bilious Fever, on account of flooding a large tract of low land, by building a mill-dam across a stream in that place. He was taken with Bilious Fever about the middle of August, which, by thorough evacuations, appeared to be

removed, and he was able to attend to his business. About three weeks after this, he was taken with chills, which were immediately followed by severe pain in the pelvis, strangury, and sometimes complete stoppage in the water. These symptoms lasted six or eight hours. During this time of distress, he took a Dover's powder, and the ease that followed, after a while, was attributed to that; but, as the pain came on regularly once in twenty-four hours, and subsided with some moisture on the surface, I began to apprehend the nature of the case. The patient was determined to believe that he had a stone in the bladder, and he was so firmly persuaded of this, that he proposed to send eighteen miles, to Utica, for Dr. B—, a celebrated surgeon. He came, and after hearing an account of his symptoms, thought the patient might be right in his opinion. He examined him thoroughly with a sound, concluded there was no stone in his bladder; took fourteen dollars for a fee, which he considered very moderate, and made so, on account of the futile visit.

I then resumed the charge of him; gave him quinine bitters, once in three hours, when the pain was off, and a Dover's powder, once in six hours, when the pain was on. His disease was entirely removed in five days. P. S.

Inflammation of the Bladder should be treated the same as Inflammation in the Bowels, only the counter-irritation should be over the bladder, and mucilaginous

drinks should be administered. Cupping over the bladder, fomentations, etc., etc.; give, also, full doses of laudanum, enough to quiet the pain; if the water is not discharged, and the bladder is distended, the catheter should be introduced, and the water drawn off.

## ACUTE RHEUMATISM.

Acute Rheumatism generally commences like other fevers; chilliness, alternating with flushes of heat, with a general feeling of weakness, weariness, loss of appetite, and low spirits. Then, frequently, a general soreness and aching of the body attend these first symptoms. Generally, the symptoms of fever exist, before the local pain and inflammation of the joints take place; but, frequently, more or less pain and inflammation, in one or more of the joints, is felt from the commencement of the attack. The parts affected with rheumatic inflammation are swelled, red, very painful and sore to the touch.

In the treatment of Inflammatory Rheumatism, the same general principles should be pursued as in fevers of other kinds, according to the variety which prevails, with the addition of proper local and external applications. These should never be of a repellant nature, as there is great danger of driving the disease to some vital part. The disease is generally more or less paroxysmal, and the fever of the typhoid variety, with bilious derangement. It is supposed by many



to be of malarious origin ; and may be considered as proceeding from the joint causes of marsh effluvia and suppressed perspiration, by damp or sudden changes of weather.

When called to see a patient laboring under great pain in one or more of the joints or limbs, and attended with considerable fever, I give, first, a good large Dover's powder, with some warm sweating tea; if the pain is not materially relieved, and the skin a little moist, within three hours I give another powder. After the pain has been lulled, and the skin a little moist for five or six hours, and at the same time some warm fomentation with bitter herbs, such as wormwood, mayweed, smartweed or hops, or a mustard poultice applied to the affected parts, give thorough physic. After the operation of the physic, give quinine bitters, once in three hours, when the fever is low, and the Dover's powder, once in six hours, when there is much pain or fever. Give mild physic every other day. P. S.

*A Violent Case of Acute Rheumatism.*—Phoebe W——, the pretty Quakeress, whose case of Empyema we have mentioned, had returned to the factory but a few months, before she returned home with Inflammatory Rheumatism. Friend W——, Phoebe's father, lived in a neighborhood which was called "Quaker Settlement." In that settlement there was old Friend P——, a respectable, good old Quaker. Their families were very friendly and intimate, and there had



been intermarriages between them. Friend P—— purchased a patent right (with pamphlet) to practice the Thompsonian course; and being fully persuaded that “Heat is life, and cold is death,” he pronounced the whole medical faculty a murderous crew. He practiced a while on the credulous part of the community, until Judge H—— wrote him a line, saying he had killed thirty, to his knowledge, and he must now stop, or he would prosecute him. This, therefore, put a stop to the old man’s practice, and it consequently devolved upon his son Job. The old man, however, continued the practice on himself, until he had ruined his stomach with his No. 6, and died in eighteen months. Friend W——, willing to cherish a friendly feeling between the families, and having imbibed the opinion that the sweating part of the Thompsonian practice was appropriate for rheumatism, when Phœbe was brought home, sent for Job. He continued his operations on the poor girl about a week, when I was sent for. I found him there. He had become discouraged, and had consented to have me sent for. The patient looked up to me with wishful eyes and a distressed countenance. She could not bear to be touched in any part of her body. Even her ears were very much inflamed; her feet and hands were in great pain. The whole system was completely possessed and saturated with Rheumatic Inflammation, which had been pushed to the extreme with Job’s No. 6. I carefully put my finger on her

wrist, and ascertained her pulse to be corded, hard, quick, and a hundred and forty. She had not slept an hour for three nights. Although I do not often bleed in rheumatism, yet I bled her about three gills. The blood was the most inflamed I ever saw; the buff, or size, that rose to the top on cooling, was three-fourths of an inch in thickness. I then gave her a large Dover's powder, and some warm sweating tea after it; and wrapped her aching limbs in wet cloths, wrung out of a warm infusion of hops and poppy heads, and sat down to wait the effect and to converse with Job. In half an hour she was asleep.

Job marveled greatly, and wished to know what that powder was composed of. I told him we had no secret remedies, and that I would tell him willingly. There happened to be a bottle of his No. 6 on the table by which we sat. "What do you call this?" says I. "No. 6," says he. "And how is it made," I inquired. "Oh, we don't tell that," says he. "Oh ho!" I said, being well satisfied with his answer. I did not need to be told that it was composed of cayenne, gum, myrrh and brandy. I then informed him that I was feeling quite unwell that day, and, throwing out my arm to him, told him I wished he would see if he could tell what ailed me. After pulsing me a long time, he came to the conclusion that I had a violent pain in the stomach. "How is it," says I, "that you can so accurately tell by the pulse how a person feels, as you never studied medicine?" "Oh,

I suppose," says he, "it is because I was born under that particular planet." (By the by, I had no pain in the stomach. I had been up all night before, felt rather dull, and while waiting to see the effect of Phœbe's treatment, needed something to please myself, and please the Thompsonian bystanders.) I afterwards frequently heard of their telling how accurately Job told the doctor how he felt.

I waited two or three hours; Phœbe slept sweetly, and before I left there was a general moisture on the surface. I directed physic with magnesia and salts, in six hours; after the operation of the physic, give a Dover's powder, with the warm tea after it, once in six hours, if there is much pain or fever; and a small Dover's powder, with a grain of quinine, once in three hours, when there is not much fever. Continue the external applications, and, besides, wash her all over, every day, with pearlash and water.

After two days I visited her again; found her much improved. Continue treatment. In two days, another visit. Gaining rapidly; quinine bitters; laxative every other night; wash with mustard, in spirits and water. Cascarilla bitters after two days more; exercise by riding or swinging. Recovery was rapid.

P. S.

*Another Case of Inflammatory Rheumatism, with a Sequel.*—There was in Oneida county, New York, an old man called Dr. C——. He had been a saloon or groggery keeper in Troy, I believe, and had, as is



often the case, become intemperate, lost his property, and became involved in debt, and was obliged to steal away between two days, and found a stopping place in one of the most out-of-the-way places in the county. He was a dirty, ugly-looking old fellow, but rather shrewd when half sober, and well calculated to take with the great class of gullibles.

Deborah W——, a girl about eighteen years old, was taken with Inflammatory Rheumatism in the ankles and knees, which were much swelled and extremely painful. They sent off eight miles for Dr. C——, but not finding him at home, left word for him to come as soon as possible. They being in great fear, and the doctor not coming, I was sent for, and had just entered the house when they saw their doctor coming. Understanding what their preference was, I slipped back, and told them to set him to work; and, as there were a number of the neighbors present friendly to me and disgusted with the idea of employing the dissipated old quack, in an adjoining room, I went in, and thought I would wait a little and see how the old fellow operated. He proceeded, forthwith, to boil half a potful of potatoes, set them beside the bed, with bedclothes over potatoes and patient, so adjusted that the steam would envelop her. He had not proceeded much over half an hour, before he came screaming into my room, "Come here, doctor, for God's sake; I believe the girl is dying." I went in, and found her in a frightful condition; her heart was



bounding and fluttering terribly; her breathing, by snatches and catches, and almost interrupted; her countenance like death. "Do help her, doctor, if you can," they all said. I stopped the steam, put her feet and legs into warm water, and had them rubbed stoutly, washed her head and chest with spirits and water, then put a handful of ether on the chest. She began to breathe better in twenty minutes. I then put strong mustard plasters on her feet and legs, and gave her a Dover's powder, with some warm sage tea. In one hour she was quite comfortable.

The old quack was very much surprised, and apparently gratified, with this sudden and complete relief of the patient. He took me outside, to talk with me, and said, "You must, of course, take charge of the patient." He acknowledged he was very ignorant, and knew nothing about medicine or the healing art; he made his syrup, and people were fools enough to buy it, and give two dollars a quart for it; it was all his living; he hoped I would not expose him. He was really a shrewd old fellow. I was not disposed to expose him, or to say much about him.

I took charge of the patient; gave her corrective pills every other night, diaphoretic powders, once in six hours, when there was pain or fever; quinine bitters, once in three hours, when there was not much pain or fever; and directed her to be washed with warm salt and water, or saleratus, and mustard plaster or horse-radish leaves to be placed over the affected

parts. She improved rapidly. In three or four days, the corrective pills were exchanged for sulphur and gum guaiacum, and, in about ten days, the irritating applications were exchanged for the common liniment, thoroughly rubbed in. After about four weeks, the fever and soreness were entirely removed. I prescribed cascarilla bitters, laxative enough to keep the bowels open, and exercise as much as could be borne without fatigue; first by friction, then let her sit in the rocking chair, and be rocked a few minutes, increasing a little every time; and soon, when it was fair weather, let her be placed in a carriage, and drawn across the door yard a few times. Directed this to be increased every day, and soon she would be able to ride half a mile, and increase the distance every day. In the mean time, ordered the diet to be nourishing. The patient and her mother thought she was too weak to follow my directions. At length, her uncle, a homœopathist, came to visit them; gave her a millionth part of a drop of laudanum, once a day, put my directions of exercise and diet in force, and she was well.

P. S.

In Inflammatory Rheumatism, I give full doses of opium and morphine, in addition to the Dover's powder, if necessary, to relieve the patient and keep him quiet, until the quinine cures the disease; stimulate with spirits, if the patient seems to be sinking, or feels faint, as often and as much as necessary.

## ERYSIPELAS.

Erysipelas is an inflammation of the skin, generally attended with some fever; characterized by redness, burning heat and some swelling. It takes place in a system of deranged health, and does not tend to suppuration, like phlegmonous inflammation. Phlegmonous inflammation is called healthy inflammation; it exists in a system in a comparatively healthy condition. It tends to suppuration, that is, to the formation of matter which is called pus; and is the healthy effort of nature to throw off or to subdue some evil. Erysipelas inflammation is called unhealthy inflammation, and exists in this state because the general health is deranged. Let a person with healthy inflammation be placed in a crowded and filthy room of impure air, and the inflammation becomes unhealthy, or erysipelatous.

*Treatment.*—In the treatment of Erysipelas, particular attention must be given to regulate the general health. The secretions are disturbed; the liver does not act rightly; there probably is loss of appetite, some degree of nausea, more or less headache, lassitude, general depression, and furred tongue, bad taste in the mouth, and a feeling of weight or dull pain at the pit of the stomach. Tonics and tonic laxatives, as recommended in the treatment of disease of the general health, is my leading plan of treatment. For a laxative, especially where an alterative is indicated,



I generally give an alterative powder every other night; otherwise, I give corrective pill, rhubarb, syrup, or Welsh medicamentum. For a tonic, I give cascarilla bitters; or, where a malarious influence affects the patient, and generally in this climate, I begin with the quinine bitters, once in three hours, through the day, for three or four days, or until an effect is produced; then give the cascarilla bitters, three times a day, and, if the case requires, continue the quinine two or three times a day for a little longer. No application is to be applied externally, except milk and water, or buckwheat flour, to alleviate the irritation. A blister may be drawn on the well skin forward of the disease, to prevent its spreading.

P. S.

#### EPIDEMIC ERYSIPELAS.

In the years 1841-2, a disease prevailed in Oneida county, New York, which was very fatal, and which came to be called Epidemic Erysipelas. The erysipelas did not show itself in every case. Many were taken with a violent pain in some part of the body—in the head, stomach or bowels, and sometimes in the arm or leg, or in a finger or toe. Mortification would take place, or had already taken place, and the patient died within twenty-four or forty-eight hours. At length the disease manifested itself generally in its regular form. They were taken, after a few chills, some languor and wandering pains, with erysipelas



inflammation in the face and head, attended with considerable fever, brown fur on the tongue, with tendency to coma or delirium. I was called to see a young man in this condition, about eight miles from my residence. It was the first regular case that I had seen. His face and head were enormously swelled; his tongue was swelled and nearly palsied; he had not power or sense enough to swallow; his pulse was full, but not very frequent. My first impression was to bleed him; but I hesitated a little, sat down by him to feel his pulse again. I found his pulse was very compressible, and although pretty full, there was not much force in it. My hesitancy was observed, and it was proposed to call in the physician of the town, who, it was said, had had some experience in such cases. He came, and immediately observing the great inflammation, advised him to be bled. I mentioned to him the compressibility of the pulse, and observed that I dare not bleed him, and proposed to try a stimulating dose. After again feeling his pulse, he assented. I gave him a table-spoonful of brandy, with a grain of quinine, in a little sweetened water. It improved his pulse and his symptoms every way. Ordered quinine bitters, once in two hours; a Dover's powder at bedtime, and corrective pills every other night. He was cured. I treated all my patients successfully in the same manner. Others bled; all bled died.

P. S.

This disease spread all over Oneida county at the

time mentioned by father. A Dr. Edwards, who was formerly a student of father's, lived in the north part of the county. He had several cases, and lost them all. After a while, he was called to a confirmed drunkard, who was suffering from the disease. He treated him three or four days, the patient constantly growing worse, until the doctor gave him up to die. The toper concluded that he would die happy in his way, and procured a two gallon jug of whisky; keeping this under the edge of the bed, he drank freely, laying the doctor's medicine away in the drawer. In the course of two days his symptoms improved, and he gradually recovered. When he was well enough, so that the doctor thought it unnecessary to visit him any more, the patient drew out the drawer and handed the doctor's medicine back to him, informing him what he had done. That doctor took the hint, and lost no more patients after that.

It is to this day the proper treatment for malignant Erysipelas. I do not mean clear whisky, but quinine bitters with fever powders and mild laxatives. Iodide of potassium, given in doses of from four to six grains, once in four to six hours, is a valuable remedy.

#### SCIATICA, OR SCIATICA RHEUMATISM.

Sciatica is a species of chronic rheumatism, affecting particularly the sciatic nerve, where it passes over the sciatic notch in the hip bone. A deep-seated pain in the hip, producing lameness in that side, and fre-

quently extending down to the knee and to the ankle; and some times more severe in the course of the nerve below the hip than in the hip. These pains seem to be, in a considerable degree, paroxysmal; some part of the time very severe, and alternating with ease, or a less degree of pain. Wet or damp atmosphere increases the severity of the pain; pressure on the sciatic nerve, where it passes out of the notch, produces pain, and reveals the nature of the case. It is to be treated by counter-irritation, with repeated blisters over the sciatic nerve, or by cupping and tartarized ointment, with those internal remedies proper in chronic rheumatism: gum guaiac. and sulphur, equal parts, a tea-spoonful of the mixture, at bedtime; tincture of poke berries (*Phitolacca Decandra*), an ounce to a pint of brandy, a tea-spoonful three times a day; or tincture of colchicum seeds, from twenty to thirty drops, three times a day.

Frequently, Sciatica is a violent disease, and prostrates the patient with pain and fever, which comes on periodically, with remissions, after the manner of malarious diseases. Such cases, in addition to the above mentioned treatment, should have the quinine bitters, once in three hours during the remissions, and the diaphoretic powder, once in six hours, during the exacerbation. Lumbago is chronic rheumatism, affecting primarily or principally the muscles of the loins over the small of the back, and is to be treated the same as Sciatica.



*Case of Sciatica.*—S. W——, of Oneida county, New York, an industrious man of middle age, a wheelwright, and of rather a feeble and excitable constitution, met me in the street, near his house, and complained of pain and lameness in his left hip. He said it was some times quite troublesome, and in the night pained him so that he could not sleep; yet he generally kept about his work, and attended to his workmen. I directed him to try some of the common liniment, and to rub it in thoroughly, over the affected part. Four or five weeks after, I was sent for, to go and see Mr. W——. He lived five or six miles from me. The message was very urgent that I should come as soon as possible. I found him in great alarm and very much agitated. “I want you,” says he, “to examine my back thoroughly, and tell me what ails me.” “How is your lameness?” says I. “Oh, about the same,” says he; “never mind that. I want to know what ails my back.” We stripped him. I examined his back thoroughly, from the neck down, and found not even any tenderness. I told him that nothing ailed his back. He wished to know what it was, then. I pressed a little on the sciatic nerve, where it passes the notch, and found it very tender. I told him he had Sciatic Rheumatism. He inquired if I knew it was nothing else; and I told him I was certain. He then informed me that, after he consulted me concerning his lameness, more than a month ago, not receiving much benefit from the liniment which I



recommended, and being in Rome, he called on Dr. B——, who gave him a liniment; it produced little or no effect; and, when next in Rome, he called on Dr. H. P——, who gave him a strong liniment, which did not avail much. After a while, he met Dr. G. P——, who took him into a private room, examined him closely, or pretended to do so, and gravely pronounced his disease a case of spinal affection, or disease of the spine, and directed him to go home and go to bed, and lie there at least six months, and he would come next day and make caustic issues, the whole length of his back, and keep them up and running the whole time, or his disease would certainly kill him. He went home very much alarmed, and sent for me immediately, as I have stated. I cupped him thoroughly, over the sciatic nerve, rubbed in the antimonial ointment, to bring out sores and keep them up, and gave him the medicines for Sciatica. He continued to attend to his business, and was well in a fortnight. P. S.

No physician has yet been able to tell just what Sciatica is. It is called Sciatica, because its seat is in the nerve of that name; but whether it is inflammation or enlargement, or whether it is really some disease of the muscles about the nerve, is not known; we only know that certain remedies will generally effect a cure. There are few cases in the West that do not need the tonic and anti-periodic or quinine course; and it is also of the utmost importance to

keep the bowels open and the secretions right. I have known several cases that had been treated with quinine and laxatives, and the counter-irritation of ant. tart. ointment or mustard; the general health was improved, but the pain in the hip and lameness still existed. These cases were cured by the application of an ointment and tincture of iodine. For the tincture, one drachm of iodine to one ounce of alcohol, For the ointment, one drachm of iodine and one drachm of iodide of potassium to one ounce of lard; put the iodine and potassium together, let them dissolve, then mix thoroughly with the lard; apply the ointment at night, rubbing it in thoroughly over the part; in the morning, wash the part clean with soap and water, and rub the tincture over the same place. Repeat until cured.

I would not advise this until the quinine had been taken several days.

This ointment and tincture are said to remove spavins, splints, and ringbone from horses. I have seen it cure several cases of spavin and splint. It is applied night and morning. First rub in the tincture, let it dry a few minutes, then rub on the ointment; the next time, scrape clean with a case knife, and apply as before.

#### CHRONIC RHEUMATISM.

There is probably no disease to which human flesh is heir, that has produced more suffering, particularly

in middle-aged and old people, than this. And there is probably none that has baffled physicians more: many different theories have been advanced, and different *specifics* found, but thus far all have proved delusive.

Many cases have been cured, but what has proved successful in one case has failed entirely in another, where all the outward circumstances have seemed the same. I shall not advance any theory, for I have none. A few years ago several of the leading physicians of Chicago discovered that lactate of soda, given in doses of a table-spoonful twice a day, was a "specific." I tried it thoroughly, and it was successful in some cases, and it is worthy of a trial in every case. But, in my experience, iodide of potassium, as a remedy, can be relied on oftener than any other one thing; it must be persevered in for weeks, or even months, commencing with doses of three grains, three times per day, and increasing the dose until six or eight grains are taken. The general health must be attended to, the bowels kept open freely, by taking, every other night (if the bowels have not moved freely within the last twenty-four hours), a dose of medicamentum, or corrective pills. The appetite must be kept up by taking cascarilla bitters, or the alterative tonic, and expectorant syrup can be used, increasing the quantity of iodide of potassium as much as necessary. If the patient has lived where there was much marsh effluvia, and the tongue is



coated with a brown coat, or if the pain is evidently periodically more severe, the quinine bitters should be used until these symptoms are relieved. Friction over the diseased part should not be neglected. External applications are seldom of any use, consequently the thousand and one nostrums that are hawked about the country, and sold to a too confiding public, are, ninety-nine times out of a hundred, so many humbugs. I can produce several persons that will certify that Sedgwick's liniment is a sure cure for rheumatism, they have used it in their own cases with success. But they were mild cases, and there are a few such cases that, at the commencement, may be cured by an external application. If you have an attack you may try the liniment, but do not throw away your money buying "Wizard Oil," or any other rheumatism cure, especially a liniment, or external application. When the iodide of potassium has been taken about four weeks, it should be omitted for a week or ten days, then taken regularly again for a month, and so on, until it has been used for six months, even if the disease is apparently cured sooner than that, the medicine should be continued for at least two months after you consider yourself cured. This is absolutely necessary to eradicate every vestige of the disease from the system, and prevent a return. I believe there are few cases that this course, persevered in, will not effect a permanent cure, and none that will not be greatly benefitted thereby. I



have not given the symptoms of this disease, for there are few persons who are not conversant with them. If a dull, heavy, grinding pain is present about the joints, shifting from place to place, without much swelling or redness, it is likely that it is Chronic Rheumatism, unless you succeed in curing it before it has continued long enough to be called chronic.

## MUMPS.

This is a contagious disease, and is inflammation of the gland situated directly under the ear, called the "parotid gland." If the patient is healthy, and does not take cold during the progress of the disease, it needs no particular attention, and there is no danger. But the greatest care should be observed not to take cold. In males the danger is in translation of the disease to one or both testicles, and in females to the breast. If the fever is high, it should be treated like ordinary Inflammatory Fever. Warm applications should be applied to the breast or testicle when either are inflamed. Take any bitter herbs, smart-weed, may-weed, hops, or any other bitter herb, make a strong tea, and put one ounce of laudanum to every two quarts of the tea, and using cloths out of this, apply them warm, changing as often as they cool. The patient should keep the house and as quiet as possible.

## INFLAMMATION OF THE KIDNEYS (NEPHRITIS).

This disease may be produced by cold and wet applied to the system in a state of perspiration, or when the body is uncommonly heated; or it may arise from strains of the back and loins; blows and falls; hard riding; from irritation of gravel in the kidney; from the absorption of cantharides into the system; or from over-doses of some acrid substance; or from translation of gout or rheumatism; or from misplaced intermittent. When this affection is excited by cold, it commences like other diseases from this cause, by slight chills and flushes of heat, before the pain in the loins takes place. When it takes place from any other cause, a deep-seated, acute, and pressing pain in the region of the affected kidney. The pain is a severe aching, which is not much increased by external pressure. Any sudden jar of the body increases the pain considerably. The pain often darts down the urinary passage to the bladder, and in the thigh there is often a sense of numbness. Sickness of the stomach and vomiting generally occur, and sometimes violent colic pains. The bowels are torpid; the urine is small in quantity, high colored, and sometimes bloody; and the desire to void is almost constant and vehemently urgent. Sometimes the urine is almost or entirely suppressed. This is a bad symptom, and can not endure long without producing fatal effects; oppression of the brain is

apt to ensue. The patient is easiest when he inclines to the affected side. The pulse is excited in the forepart of the disease, but in two or three days falls to a typhus state. The skin is hot and dry.

This disease is generally rapid in its course. If not subdued within a week, suppuration or the formation of matter takes place. The treatment should be prompt and energetic. Many physicians recommend general bleeding; cupping thoroughly over the affected part should not be neglected, followed by some other external irritation, mustard plaster, antimonial ointment, etc. Some smart purgative should be immediately administered, cream of tartar and jalap; or salts and magnesia, will be a good cathartic to begin with, and a free opening of the bowels should be kept up daily by cooling laxatives. Diaphoretic medicines, such as tend to the surface and produce a softness of the skin, and a little moisture of the surface should not be neglected. Dover's powders, followed by some warm diaphoretic tea, or sage, or catnip. Demulcent drinks, such as slippery elm or flax-seed tea, should be freely used; and a decoction of uva ursi or of buchu leaves will be very proper and beneficial, after the violence of the symptoms is subdued. This will be very important if suppuration have taken place, and some permanent external irritation should be kept up, such as a seton or issues. The warm bath is frequently very beneficial. And an action of the skin should be kept up

by friction and liniments, or stimulating washes. The diet should be most mild and unirritating. The occurrence of suppuration is indicated by frequent chills or shivering; a dull, heavy throbbing, instead of the acute pain in the kidney; an abatement of the febrile symptoms; and a feeling of heaviness or numbness in the affected part. P. S.

#### GOUT.

I consider Gout and Rheumatism as the same disease, and both to be "misplaced intermittent," or remittent, and caused by the same malaria that produces these diseases. The treatment should be on the same principle; and must be adapted to the variety of fever which accompanies it; whether inflammatory, or typhoid, or typhus. For the fever observe the same course recommended in the treatment of bilious, remittent, and intermittent fevers, with such local applications as the case may demand. The most common variety of fever in Chronic Rheumatism and Gout is the typhoid. In treating Rheumatism or Gout, consider what variety of fever attends it. If the fever is of the inflammatory variety, it is Acute Rheumatism. First give a cathartic, as directed under that variety of fever, followed by Dover's powder, once in six hours, when the fever is high, and quinine bitters, once in three hours, when the fever is low. Mustard plaster, or some other external rubefacient or irritant. In Gout or Chronic Rheumatism,



we give frequently an emetic of emetine or ipecac and sulphate of zinc, six or eight grains of each dissolved in a little sage tea. Keep the bowels open with a laxative of rhubarb and magnesia. Give quinine bitters three or four times a day; Dover's powder when there is pain or fever. The part affected should be brushed as thoroughly as the patient will bear, and some stimulating liniment thoroughly rubbed in, volatile liniment, or aqua ammonia and spirits of turpentine. For a laxative use, sometimes, gum guaiac. and sulphur, equal parts, a tea-spoonful of the mixture in molasses, at bed-time. Pulverize the guaiac.

P. S.

Gout has, by authors and the profession generally, been considered a hereditary disease, transmitted from parent to child. We believe that the children of gouty parents would be free from this disease if they would change climate. If you will observe closely you will find that this disease only prevails where intermittent and remittent fevers are common.

## CHAPTER VII.

### DISEASES OF THE LIVER.

"LIVER Complaint" is a very common name. It is frequently the case that physicians call a disease "Liver Complaint," "Spinal Affection," or "Heart Disease," for the want of a better name, or for the reason that they do not know what malady their patient is troubled with. A diseased, or even a torpid liver, is the cause of untold suffering and trouble. There is no organ in the body, a diseased condition of which causes such gloomy forebodings; it is the parent of "hypo-nervousness," and every imaginary ill. Persons who have never suffered from disease of this organ, can not know how to sympathize with those who are thus afflicted. It is pitiable, indeed, to see a strong man become the counterpart of a nervous, hysterical woman; but this we often see, and when we do, we may know that there is something wrong about the liver. It is situated in the right side, and occupies, with its lobes, nearly the whole side, extending to the backbone. It is surrounded by a sort of sac and ligaments, that hold it suspended in its place. It is subject to inflammation, cancer, abscess, tumors, obstructed gall, or gall stones; and last, but not least

in its unpleasant effects, *torpor*, which includes jaundice, or a cessation of the performance of a part or all of its functions. Perhaps the most important function of the liver, so far as health is concerned, is the secretion of healthy bile, whose office is to separate the nourishment in our food from the excrements or useless parts.

Torpor, or want of healthy action of the liver, has been the cause of more deaths, probably, than any or all other diseases of that organ. It is impossible for any person to feel well unless the liver performs all its functions in a healthy manner. When the liver does not act, the discharges from the bowels will be of a white or ashy color, and the bowels may either be confined, or the patient may have frequent and profuse watery discharges. Frequently, this condition of the liver is attended with violent and long-continued vomiting. I shall never forget a case of this sort, which occurred in one of the first years of my practice. It was in July, 1844. I had just come to my father's, in Bloomingdale, from the place of my birth, in Oneida county, New York. Father had gone from home, on a visit to his brother, at Little Rock, Ill., and had left me to attend to his patients, but without a horse to ride. The country was then new, the roads few and poor, and the streams not bridged. All the old settlers will remember 1844, as "*the rainy season*," the "sloughs" were lakes, and the creeks rivers. One evening, about eight o'clock,

a stranger made his appearance, and inquired if a doctor lived there. I told him there did, but he was absent from home, and would not return for a day or two. He said he had been informed that there was a young doctor of the same name, that could be found at the same place, and asked if he was present. I told him I was the man. He then said that his name was John Allen; that he lived in Elk Grove; that the wife of one of his neighbors, Mr. Joseph Converse, was very sick, they feared fatally so, and they had sent him here for a doctor. I told him that I had just come into the country; did not know as I should remain here more than a week or two; that I had no means of traveling, and that I could not go. He replied, that I could ride his horse; he had come ten or twelve miles; the woman was suffering for medical aid, and that he would not go home without me; if I would not go then, he would remain until I did. I saw that I had to deal with a man who would not be put off, and I consented to accompany him.

He had for a saddle a horse blanket. I mounted, and rode about three miles, when we came to a stream, then about three feet deep; he waded, I following on horseback. When we reached the opposite bank, which was steep, the horse, in attempting to raise it, sank his hind feet in the muddy bottom, and fell backwards into the water. I succeeded in not falling under the horse, but was completely immersed; my saddle-bags filled with water, and medicine soaked.



We soon found a place where the horse could get out of the stream, and, as I was considerably chilled, I concluded to let Mr. Allen ride part of the time. We forded one more swollen stream, and arrived at our destination, cold, wet, and fatigued, about two o'clock A. M. I found twenty or thirty of the neighbors of Mr. Converse watching, and all expecting his wife would not survive until morning.

They soon furnished me with part of a change of clothing, and I proceeded to give the case a careful examination. She had been vomiting, at intervals of five to ten minutes, for thirty-six hours, and was then so weak that her head could not be raised from her pillow without causing her to faint. There was an old doctor present, by the name of Wood; I inquired of him if he knew what the trouble was, and he said "No." I asked him if he knew what to do for her, and he replied that he did not; that he had done every thing he knew to allay the vomiting, unless it was to give her some hog's gizzard; said he had given chicken's gizzard, without any good effect. I concluded it was useless to spend any time consulting with him, and told him, as he must be very weary, if he would retire to rest, I would see what I could do for her between then and morning.

I immediately informed her husband and friends that she was in no danger; that I understood her case perfectly, and that she would be better in a few hours. They all looked at me and at each other with

astonishment and incredulity. I knew they did not believe a word I said. I was a green-looking, beardless boy, and their actions and looks put me in painful remembrance of it; but I was confident they would soon think differently, at least so far as regarded the condition of the patient. I directed every body to leave the room, except her husband, and I put one-eighth of a grain of sulphate of morphine upon her tongue; told her to keep perfectly quiet, and she would feel better in a few moments. In ten minutes she was in a quiet slumber, and continued so for three hours, when I aroused her, and put two grains of calomel and another one-eighth of a grain of morphine on her tongue. She did not vomit after giving her the first dose of morphine.

About sunrise in the morning, Dr. Wood called Mr. Converse out, one side of the house, and informed him that his wife was in a dying state, and would not live until evening. Mr. C. came immediately to me, and informed me what the doctor had said; and added, that it was only six months since he brought his wife from Vermont, and that he would give me his farm if I would save her. I told him I did not want his farm, it was too wet to suit me; but he need have no fears about his wife, that she was in no danger; in fact, there was then no disease about her, and that she was only debilitated, from her long-continued vomiting. I added that, if he had the least fear, he would do well to send for Dr. Mills, who

resided about ten miles north. He did so. Dr. Mills came about noon, and made no new prescription, but corroborated my statements in reference to the result of the case. In the afternoon of that day, I gave a dose of rhubarb and magnesia; remained another night; gave her some tonic bitters (cascarilla bitters) the next morning; pronounced her cured, and returned home, confident that my reputation as a physician, young and green as I looked, was firmly established in that neighborhood.

In the fall of the same year, I was passing Mr. Converse's house about noon, and, although they had threshers, he hailed me, and insisted that I should take dinner with them. I consented. After dinner was over, he invited me to go out to the barn-yard with him, where he introduced me to a fine herd of cattle. After telling me that he had no money, and did not know when he should have — that he owed me a debt he could never pay — he requested me to select a yoke of steers and drive them home. I remonstrated, telling him they were worth much more than the bill I had against him; but he insisted that I should take them, said that it was none too much, that he would be far better satisfied to have me take them than to leave them. I selected a nice pair of three-year-old steers, drove them home, kept them one night, and sold them for thirty-nine dollars in gold. This was my first patient in Illinois. My bill, as charged, was nineteen dollars. I suffered some hard-



ship, some little vexation ; but I triumphed. I felt I had earned my money ; I was happy.

If I were called to a case of the same nature now, I would treat it in the same way, except I would not give the calomel. Only a few years ago, the whole medical profession believed that mercury, in some form, was the only remedy that could be depended upon to act on the liver ; and, for this purpose, it has been given day after day, while the patient grew weaker and weaker, and still no bile in the discharges ; more calomel, blue pill, or mercury in some form ; the patient is soon salivated, still the liver does not act ; the dose is increased in quantity and frequency ; down — down goes the patient ; death ends the scene.

I have seen plenty of such cases. I thank God they were not my patients. The fact was, it was debility that produced non-action of the liver, and every grain of mercury increased that debility. Stimulants and tonics only were needed ; brandy and quinine, with mustard plasters over the region of the liver, are, ninety-nine times out of a hundred, better alteratives — more likely to produce a healthy action of the liver, than mercury in any of its forms ; in fact, I would never recommend mercury as an alterative, except I was satisfied the want of action was caused by some inflammatory condition of the liver, or other secretory organs.

The reason why calomel has caused so much misery



in the world, and has been justly charged with being the cause of so many premature deaths, is that it has been thought to have a specific effect in stimulating the liver to act; but it does this only under peculiar conditions. Thousands have not yet learned this; consequently it is still given, whenever an alterative is needed; and one of the best medicines in the world is brought into disrepute through the ignorance of those who administer it, upon the same principle that truth is said often "to suffer more from the heat of its defenders than from the attacks of its enemies."

It is often the case that the liver does not act; there is no pain or soreness, but the discharges show that there is no bile, they are light colored, and the patient feels weak and languid, and the countenance looks pale and cadaverous, especially after a few days; the eyes look yellow; the appetite fails; the bowels will either be constipated, or there will be diarrhoea. Two grains of blue-pill, with a grain of opium, might, and often would, start the bile and effect a cure; but if mercury can be avoided, it should be, particularly in adults.

To a child in this condition, I would give, every night, at bedtime, a powder in moist sugar, composed of calomel one-fourth of a grain, morphine one-sixteenth of a grain, rhubarb two grains; and, once in two hours during the day, a tea-spoonful of the following mixture: quinine fifteen grains, water one ounce, nitric acid fifteen grains, loaf sugar one ounce, brandy

or pure spirits two ounces, water five ounces; and every night, at bedtime, put a mustard plaster over the liver.

For an adult with the same symptoms, I would prescribe quinine, prepared as above, a table-spoonful once in three hours, iodide of potassium three grains, three times per day, just before meals; a mustard plaster over the liver every night; bathe the body all over, with spirits and water; and, if the diarrhoea is profuse, take from one to two table-spoonfuls of paregoric, with half a tea-spoonful of bicarbonate of soda, once or twice per day, or more, if necessary, to keep the bowels quiet. If the bowels are constipated, take, every other night, four to six corrective pills, or a table-spoonful of rhubarb syrup, or two tea-spoonfuls of medicamentum, enough to open the bowels the next day.

#### REDUNDANCY OF BILE.

Bilious Diarrhoea is generally caused by an excessive secretion of bile in the liver, or by the secretion of unhealthy bile, which, passing into the bowels, produces the same effect as a powerful dose of physic, and is attended by griping pains in the bowels. These discharges should not be suddenly checked; paregoric and soda may be given to alleviate pain, but mild purgatives should be given every day until the discharges from the bowels assume a healthy color. Mustard should be used over the liver, and the qui-

nine and iodide of potassium given to promote healthy action, just the same as for torpor and non-secretion of bile. If Bilious Diarrhoea should be suddenly checked, it might throw the patient into violent fever, or even inflammation of the bowels; on the other hand, diarrhoea, with light-colored discharges, or with watery, colorless discharges, should be checked immediately, the quicker the better — it is ever productive of harm; when Cholera is about, it is generally the forerunner of that terrible disease.

#### GALL STONES, OR STOPPAGE OF BILE.

It is sometimes the case that stones, or hard substances resembling gravel, form in the gall bladder, and these undertake to pass through the duct or passage from the liver to the duodenum. They are often so large as to stop the passage, when they immediately become an irritating foreign substance, and soon cause the most excruciating pain. The proper treatment is, to allay the pain and relax the system, so that the stone or hardened bile will pass through the duct. I have succeeded admirably, by giving one-fourth of a grain of morphine, once in an hour, until the pain is relieved, and applying over the liver hot cloths, dipped in a decoction of bitter herbs, to which a quantity of tobacco has been added, sufficient to produce its relaxing effects upon the system. After the patient has been relieved from pain for three or four hours, a brisk cathartic should be taken; for this



purpose, any physic may be used that the patient may prefer. The decoction, to be applied hot, may be composed of May weed, smart weed, and tansy or boneset, each a handful, tobacco one-fourth pound boiling water eight quarts; all kept hot.

Cancer of the Liver being a surgical disease, and one that can not be treated except by a good surgeon, I will not treat upon it in this work, except to say that, if there were a severe cutting pain, confined to one place, but darting from there, and this should continue for a long time, and the general health should become impaired, and the usual remedies for such difficulty should fail, you might conclude that it was possible a cancer existed in that organ. All you can do is to consult a good surgeon, and follow his advice, trusting in Providence.

#### ABSCESS OF THE LIVER.

Abscess of the Liver is not common; it is the result of violent inflammation. It may be known by deep-seated, heavy, throbbing pain, attended by extreme soreness. They sometimes point outwardly, so that they can be opened between the ribs, the contents discharged, and the patient's life saved. They have been known to break into the biliary duct, and discharge into the bowels, and thus not prove fatal; but when they break and discharge into the cavity of the chest, or abdomen, they produce inflammation, which is fatal in its results.



It only remains to speak of Inflammation of the Liver, under a slight attack of which I am suffering at this writing, consequently will be able to give a correct description of the symptoms. Like most inflammations, it is caused by a cold, or suddenly-checked perspiration, and is generally preceded by a chill, pains, more or less severe, extending to the back, stomach, and bowels; inability to lie upon the right side, or to use the right arm without pain; can not take a long breath without pain, and it hurts some to take a short one; the urine is high-colored and scanty.

*Treatment.*— Give six or eight grains of our fever powder, once in four hours, and, if this does not relieve the pain, give one-fourth of a grain of morphine, half way between the fever powder; put a strong mustard poultice over wherever there is pain or soreness, and repeat it every few hours. If you would ever give calomel, you may give it in this case, putting four grains in each of the two first fever powders. After the pain is somewhat relieved, give Epsom salts and magnesia, mixed in equal parts by measure, a heaping table-spoonful, once in half an hour, until it operates; repeat this, every other day, until the pain is gone. When the severe pain has ceased, and only soreness is left, it will not be necessary to continue the physic, but the bowels should be kept open by small doses of rhubarb syrup or citrate of magnesia.

There are thousands of cases in this Western country

where disease of the liver has been called consumption, even by physicians. The patients will have cough, emaciation, night sweats, and nearly all the concomitants of confirmed consumption; but, with proper treatment for "Liver Complaint," they recover. This, no doubt, accounts for a portion, if not all, of the so-called cures of consumption, made by those advertisers who profess to cure this disease.

Palpitation of the Heart is also one of the symptoms of Liver Complaint, and thousands of cases have been treated for months and years as disease of the heart, without success, and, finally, a few weeks' proper treatment for diseased liver, has effected a permanent cure of the supposed disease of the heart. I was once deceived in this way myself. An intimate friend of mine, in Bloomingdale, a large, strong man, was afflicted with palpitation of the heart, intermittent pulse, dizziness, frequent faintness at the stomach, pain and soreness about the heart, etc., etc.; but as his appetite was good, and his bowels generally regular, I concluded his disease was organic disease of the heart. One day, as he stood by my side at the desk, writing, he said, "Doc., I feel very strange." I looked at him, and he was in the act of falling. I caught him, and lowered him into a chair; administered stimulants; helped him to the house, and, after laying him on the lounge and giving him more stimulants, we had the satisfaction of seeing him recover, so that, in an hour, he was able to walk home. This was

about four years ago, and although he is still troubled more or less with these symptoms, I am satisfied the disturbance of the heart arises from a torpid liver.

## JAUNDICE.

Jaundice consists in a disordered state of the liver, known by yellowness of the eyes and skin, high-colored urine, also thick, and deposits of sediment, and light or clay-colored stools. This disease generally comes on slowly; the patient feels weak and feeble, spirits low, temper irritable, loss of appetite, constipation of the bowels, acid eructations from the stomach, slight pains in the bowels, caused by wind, a tight, full feeling in the stomach; restlessness at night, bad dreams, slow, weak pulse; some sickness at the stomach, and, sometimes, slight creeping chills; after a few days, there is an intolerable itching over the body, bitter taste in the mouth, the urine becomes saffron color, and the yellow color of the skin extends over the whole body, and the skin is dry and husky. Occasionally, the disease comes on suddenly, the yellowness of the eyes and skin becoming general, within one day from the first symptoms. The cause is a stoppage of the flow of healthy bile, either from some obstruction of the gall duct, or, more generally, the liver is in such condition that it does not secrete healthy bile.

*Treatment.*—The treatment should aim to remove the obstruction of the duct, or stimulate the liver to



perform its functions. The circulation should be equalized, by warming the extremities; put the patient in bed, cover up warm, give a fever powder, a full dose; put a large mustard plaster over the liver, give plenty of warm teas, and produce a free perspiration as soon as possible. The next morning, give a light cathartic, five or six corrective pills, or, what is preferable, if the patient can take it, a dose of medicamentum, enough to move the bowels freely; let the patient be bathed all over in spirits and water, or saleratus and water, every morning before rising, being careful not to uncover enough of the body to produce a chill; after sponging one limb, rub thoroughly with coarse crash towel until dry, and, if possible, a red glow produced. Put on the mustard every night, and, every other night, give the fever powder, warm tea, etc., followed, the next morning, by the pills or the medicamentum. Give also, to an adult, a tea-spoonful of the following solution, viz.: iodide of potassium one ounce, pure water one pint; three times per day before meals. If the tongue is coated and the patient has fever, give a table-spoonful (to an adult) of quinine bitters, once in three hours, through the day, until the tongue is clean, and the fever has entirely abated. Continue the fever powder at night, every other night, and the physic in the morning, until the discharges from the bowels assume a healthy appearance. If there is much pain, restlessness, or fever, a fever powder should be given, once



in six hours, until that subsides. It is very necessary to keep up action of the skin, as there is a strong sympathy between the skin and the liver. It has been the common practice to give calomel in this disease. I am firmly of the opinion that every dose of calomel given in this disease, is productive of harm, by weakening the nervous system. If the disease is violent, I would give, at the commencement, three or four grains of blue mass, mixed with one grain of opium, every other night, followed, the next morning, by the corrective pills or the medicamentum.

About the year 1850, Mrs. N. G——, of Bloomingdale, was taken violently with vomiting and purging, with pain in the stomach and bowels. Gave her one-fourth grain of morphine, once in two hours, upon her tongue, without drinks of any sort, which relieved her very soon. Upon inquiry, I found that, for several days, she had felt weak, and that the discharges from the bowels had been light-colored, nearly white. There was no pain or soreness about the region of the liver; there was a complete stoppage of bile, a heavy, gnawing pain, and a sick, death-like feeling at the stomach; she was restless and uneasy. I put strong mustard plasters over the liver and stomach, and gave her blue-pill and opium every night, at bedtime. In the course of four or five days, she would either vomit every thing, immediately, or it would pass her bowels within five minutes from the time she swallowed it.

She lost flesh very fast, and in two weeks was a perfect skeleton. Within this time, three of the oldest and best physicians within twenty miles were called to see her. After investigating the case, they could offer nothing new, and gave the opinion that she would die. I came to the conclusion that this was a case where mercury did more harm than good, and that every dose only reduced her more. I quit it entirely, and, in place of it, gave her a pill composed of beef's gall and opium, one grain each, morning and evening, and, three times per day, as much pepsin as would lie upon a silver five cent piece. This had the desired effect; she ceased vomiting, and in less than two days the medicine was retained in her stomach for the proper time; in four or five days she had some appetite, commenced eating light food, and was soon gaining rapidly. I continued the gall and opium for four weeks, then reduced the quantity given at a dose, gradually, for two weeks, then ceased entirely; she was well. The beef's gall had supplied the place of healthy bile, and the pepsin the place of the gastric juice, until the liver had time to resume its functions. Thus nature had been assisted in her operations, and a cure effected. Who believes that calomel, or mercury in any form, would have done any thing but hasten her death? If that course had been pursued, and it was advised by two of the three physicians called, she would have died, but it would have been a scientific way of killing. In this case, there was a

complete suspension of the functions of the liver; no bile was secreted, and for the want of natural bile in the stomach, or duodenum, the condition related existed.

*Case of Liver Complaint.*—The following case of disease of the general health, is better entitled to the appellation of Liver Complaint, than many that are so called: Mr. B—— had lived in the marshy districts of Michigan, and had been in the army some time in the Southern States, and in the Valley of the Mississippi. He had had many attacks of the Fever and Ague, which had been cut short by large doses of quinine; he had had frequent attacks of Diarrhœa, and these had been cured by taking, first, a strong dose of calomel and rhubarb, followed, after the operation of the physic, with powders or pills of opium and tannin. Moreover, he was rather a reckless, go-ahead man, and whatsoever his hands found to do, when he did work, he did it with all his might. When he came to me, he was pretty thoroughly broken down. He could not saw off a stick of wood, without panting and palpitating like a chased-down animal. He was generally constipated in the bowels, with occasional diarrhœa, with light and clay-colored discharges. I directed, for him, a liver pill at night, and two corrective pills the next morning, for a week; then the liver pill every other night, and the corrective pills the next morning, until he had taken six more; in the mean time, a table-spoonful of quinine bitters,



three times a day, before meals. I told him to come and see me again in a fortnight; he came accordingly. His condition was very much improved. Directed cascarilla bitters, three times a day, before meals, corrective pills every night, at bedtime, when the bowels have not moved freely within the last twenty-four hours. This case occurred two years ago; and the patient, the present year, has done more work than any other man in this town. He has, occasionally, what he calls a bilious turn, but the cascarilla bitters, with a little boneset added, and the corrective pills, set him right. P. S.

#### DISEASE OF THE GENERAL HEALTH.

Cases often occur in this State, and many times in York State, which I have called disease of the general health. There is general torpor, or perverted action of all the secretory organs. This condition will generally be called by physicians Liver Complaint. The liver, indeed, suffers in common with all the other vital actions; the bowels are either constantly costive, or generally costive, with occasional attacks of diarrhoea; the skin is usually dry and harsh, but sometimes a clammy sweat breaks out; the appetite is variable, but generally deficient; many kinds of food oppress the stomach; dyspeptic symptoms appear, owing to the deficient secretion of the gastric, pancreatic, and salivary secretions, necessary to the process of digestion; a sallow countenance, a want of



energy, low spirits, general debility, a bad taste in the mouth, a feeling of weariness, frequent palpitations, and many nervous, unaccountable and strange feelings, are usual symptoms. This condition is brought on by something too hard for the system to bear with impunity. Many cases are produced by suddenly checking the perspiration with cold, when much heated. It may also be caused by any thing else that overcomes the vital actions of the body, so as to injure the constitution too much for recuperation. A violent fit of sickness some times leaves the patient in this condition. A sudden shock, great grief, or long-continued troubles, may produce it. Physicians often prescribe, for this diseased condition, a mercurial course. This is wrong, and usually does more harm than good. The vital organs have been overdone by the cause of disease; it is as bad to over-do them with strong medicine as any thing else. I have often succeeded in these cases with an infusion of some bitter medicine, three times a day, before meals, and some tonic laxative, every other night, as in the following case.

P. S.

*Case of Disease of the General Health.*—In the spring of the year, about 1840, Henry Munson, son of Deacon Munson, of Madison county, came to me about thirty miles, and stated that he had been sick, or in poor health, nearly two years, and had been recommended by the Rev. Mr. B—— to come and see me. He was about twenty years of age, and of a

sallow and rather dejected countenance. He complained of no particular pain, but a dull, heavy feeling in the head, and sometimes had the sick headache. He felt a weak, tired feeling, constantly, as much on rising in the morning as at any time; never felt rested by sleep. He could not work, and had no strength, and a little exertion produced palpitation and short breath; he was very much troubled with costiveness. On questioning him concerning his former life, and the origin of his ailment, he said that in harvest time, nearly two years before, he had been laboring very hard, in a very hot day, and had sweat profusely. At night, with some other boys, he went to a cold brook, near by, and bathed in the water some time. He was taken with a chill while in the water, and soon was much distressed with cramps in his bowels, legs and arms. His comrades helped him home, and the family sent for a physician; but he knew nothing that night, and knows not now what was done for him. He was relieved of the violent attack, and was about in a few days, but has not been able to work since. He had been to several physicians; had taken mercury in the form of blue-pill, until the gums became affected with it, almost to salivation, but nothing had benefited him much. As he was very costive, I thought I would try, first, how much it would relieve him to remove that difficulty. I directed him to take enough of my corrective pills, every other night (probably from two to five), to

move the bowels the next day, and to take one-third of a tea-cupful of infusion of guaiac three times a day, before meals; and to come and see me again in a fortnight. I never saw him again, but the reverend gentleman that advised him to come to me, called on me, in the fall after, and told me that my prescription cured him entirely, in two or three weeks, and he had been the smartest man on his father's farm through the summer, and the leader of all his hands. P. S.

## DYSPEPSY.

This may be properly called a disease of the general health, or, perhaps, more properly, a symptom of such disease, or of disease of the liver. It is seldom of itself a disease; the stomach does not alone suffer. It is a distressing symptom, and the patient suffering from it is in an atmosphere of horrors; nothing is right; turn which way he will, there is gloom, and only gloom, and that continually. Probably as much harm has been done by powerful medicines in diseases in which Dyspepsy is a symptom, as in any other. The stomach is in such condition that it will not bear many kinds of nourishing and digestible food, much less powerful medicines. The liver is torpid, and, consequently, the bowels constipated. The correct treatment is to promote the action of the liver, strengthen the vital functions, and thus restore the healthy action of the stomach and bowels. Mercury in every form, and drastic physic, must be rejected.



nothing must be taken that disturbs the stomach in the least, but such food, and such only, as you find digests readily, without producing pain, or even distress. Put a mustard plaster over the liver every night, do not let it blister; wash the body and limbs all over, every morning, in spirits and water, or salt and water, or saleratus water, and rub with a brush or coarse towel, until the skin looks red; take a small pill of beef's gall, morning and evening; take a teaspoonful of liquid pepsin, or as much powdered pepsin as will lie upon a five cent silver piece, fifteen minutes before each meal; take a little infusion of quassia, three or four times daily; drink strong beer freely, if it agrees with the stomach, but not otherwise; *keep the bowels freely open, every day, by taking injections of Castile soap and water.* As soon as your stomach is strong enough to bear it, take the iodide of potassium and the cascarilla bitters, three times per day. If the tongue is coated with a brown coat, take a grain of quinine, with one-sixteenth of a grain of morphine, once in three hours, until the coat is removed.

Try these directions to the letter and in their spirit, and, in a few months, your Dyspepsy will be known only as a thing of the past.

N. B.—Take all the exercise you can bear.

*Another Case of Disease of the General Health.*—In the summer of 1857, Mr. S— called on me; said he lived in Canada; had been out of health, not able



to labor for a year and a half; had now come to Illinois to visit his friends, and by them had been advised to come and see me. He was in that condition which I have described, and which I call disease of the general health. I told him what I called his disease, and told him I supposed that something had happened to him which was too hard for the system to bear, without permanent injury; and questioned him in this manner: "Have you ever had a very hard fit of sickness?" "No, I don't know as I have; I never was sick much until this came upon me." "Do you have any great trouble to bear upon you?" "Not at all; I should have no trouble, if my health was good." "Well, you must have had something hard enough to overcome and derange the regular functions of the system. Have you never, when very warm and in a state of perspiration, been suddenly chilled, and the perspiration checked?" After thinking a little, "O yes," says he; "I was rafting on the river; it was a very warm day; I had worked very hard putting the raft together, and had become very tired and warm; the raft ran on to a snag, and broke in two; I was in the water, sometimes up to the neck, for an hour or more, in getting the raft together; I became very much chilled, and have not been well since that time." I gave him cascarilla bitters, to take two table-spoonfuls, three times a day, before meals, and corrective pills, to take every other night. I gave him enough to last three weeks, and directed

him to call and see me in a fortnight. He did not come again. A month after, I was passing a hay field, where men were hard at work; one was S—; he hailed me, and informed me his health was good. He had been to work hard for a fortnight. P. S.

## CHAPTER VIII.

### HYSTERICIS.

THIS is truly a "protean disease," simulating almost every disease of the human system. It is, in an important degree, a *nervous disease*, manifesting itself by diseased action in every muscle and organ of the body. It generally exists with a very excitable state of the system, in which some diseased state has for a long time existed, or which inherits a fragile and excitable constitution from infirm and nervous parents. This predisposition to nervous irritability and disease may be produced by any long-standing disease of any particular organ, as of the liver or spleen, or by any derangement of any of the secretory organs, or any debilitating discharge, as leucorrhœa or menorrhagia; or any obstruction of any natural or long-accustomed discharge, as amenorrhœa; or any continued irritation, as from prolapsus or piles. This disease sometimes manifests itself by singular freaks, such as sudden and unaccountable changes, from apparently most poignant grief to the most boisterous hilarity; one moment crying most piteously, the next moment laughing immoderately. And again, it produces strong convulsions, often of the most violent

kind. These convulsions may take place in weak and feeble constitutions, with pale, exsanguined visages, and a small, feeble pulse, or in strong, robust constitutions, with a flushed face and bounding pulse. In the treatment of these convulsions, very different treatment is required. The robust should be bled, nauseated with tartarized antimony, and purged with salts. The feeble should be treated with ether and laudanum, and other stimulating antispasmodics, and the bowels relieved with rhubarb and magnesia. The proper treatment for hysterical patients is to restore the general health. For directions how to do it, see Disease of the General Health, Liver Complaint, Menorrhagia, Leucorrhœa, Amenorrhœa, Prolapsus, etc. P. S.

#### DELIRIUM TREMENS.

This disease is mostly confined to intemperate drinkers of ardent spirits, wine, or beer. It may affect the opium eater, or the habitual taker of any stimulus. It is occasioned by the sudden abatement, or breaking off, of an accustomed stimulus; and is characterized by general uneasiness, constant trembling, wakefulness, cool skin, with sometimes a clammy perspiration, a constant delirious talking, strange imaginings, suspicions, and illusions of the senses. There are various degrees of the disease. In some cases, the patient may be controlled and quieted by one judicious friend in whom he confides; in others,



it needs three or four resolute and stout men to keep him from killing himself and all around him.

In all ordinary cases, success has attended the following treatment: Wash the body all over with warm salt water, with considerable friction; bathe the feet and legs in water, as hot as can be borne; apply mustard drafts to the feet; give a Dover's powder, well charged with camphor, and followed with warm diaphoretic drinks. In about four hours after the powder, give physic; some good bilious pills, or rhubarb and magnesia, if the patient be rather feeble; or salts and magnesia, if the patient is plethoric and robust. After the physic, give another powder; give quinine bitters once in two hours, with some proper nourishment after each dose — beef tea is excellent, chicken tea, milk porridge, etc. After taking the quinine bitters a few days, substitute quassia bitters, or chamomile flowers, say an ounce of rasped quassia wood in half a pint of spirits, and a pint of water with four ounces of sugar, if desired; give two table-spoonfuls three times a day, before meals. After a week or ten days, give up the spirits, take cold chamomile tea, or infusion of quassia, when inclination is felt for spirits. Drink no spirits; save yourself from a disgraceful death, your soul from eternal ruin.

P. S.

## TETANUS TRISMUS, OR LOCK-JAW.

This is a terrible disease. It consists in violent tonic spasms of the muscles, with the mental powers and sensation in full vigor. It is divided into different varieties: Trismus, or lock-jaw, when it affects chiefly the muscles of the jaw and throat; when it bends the body backward, it is called opisthotonos; and when it bends it forward, it is emprothotonos. These distinctions are of no consequence in practice: there is a distinction, however, of more consequence. It sometimes arises from general causes, such as cold or poisons, this is called idiopathic tetanus; but, generally, it is preceded by some wound or injury, it is then called traumatic tetanus. This last is excited by various organic lesions, such as bruises, burns, and wounds, and especially punctured wounds and gunshot wounds. A punctured wound in the palm of the hand or bottom of the foot is most apt to produce it. A prick of a pin or a sliver under the nail is dangerous in hot weather, and when the system is heated. Such lacerated and punctured wounds are generally very painful, and soon become inflamed. They should be kept constantly wet with water, or spirits and water; and if severe and unyielding, a cathartic of Epsom salts should be given. A punctured wound that swells, inflames, and is very painful, should have vent given to it, by opening freely with a lancet, if the above application does not give relief.

When the wound suppurates, and purulent matter is discharged, the danger of lock-jaw is diminished. If the muscles of the neck and jaw become rigid and painful, with occasional spasms, apply warm poultices to the wound; steep a drachm of tobacco in half a pint of white lye, and with this wet up a poultice of bran or coarse flour. If the patient be plethoric, with much arterial excitement, bleed, or give Dover's powder. Lower the pulse with nauseating doses of tartarized antimony. Tobacco injections, if the spasms increase. And, finally, if nothing else succeed, keep up intoxication with Madeira wine, or brandy, if you can not get the wine. P. S.

## ANGINA PECTORIS.

A suffocating pain of the breast. This disease consists of sudden paroxysms of pain and suffocation. The fit comes on suddenly, often when the patient is walking, with a severe lancinating or stabbing pain, commencing, generally, at the lower part of the breast-bone, and extending up across the breast to the left shoulder, and to the arm as low as the middle, and often to the elbow, and even to the end of the fingers; with difficulty of breathing, great anxiety, and sense of suffocation. Medical writers express different opinions as to the nature or proximate cause of this disease. Many have thought it to be occasioned by some organic disease of the heart, or ossification of the arteries in its vicinity. Indeed, the disease often



exists in conjunction with these organic affections; but, as it often exists without the accompaniment of these, others, with more propriety, believe it to consist in a neuralgic affection of the heart, or of the cardiac plexus of the heart, and of the nerves connected. The cause of this disease seems to be something that vitiates the fluids of the system, and is often connected with Dyspepsy and derangement of the assimilating organs. The cause may be of miasmatic origin, and the most successful treatment is on that supposition. During the paroxysm, give Dover's powder, with some warm diaphoretic tea after it, once in four hours; keep the feet warm, and apply mustard drafts to them, with a mustard plaster over the affected part. During the remissions, keep up an external irritation over the affected part, by repeated small blisters or issues, or an irritating ointment or plaster, made with tartar emetic; and give corrective pills every other night, enough to move the bowels in the course of the next day; and a pill, as large as a large pea, every morning, made of equal parts of asafoetida and Castile soap; and quinine bitters, once in three hours through the day, until relieved, then cascarilla bitters, two table-spoonfuls before each meal, for an adult.

P. S.

#### INCONTINENCE OF URINE,

Is when a person is unable to retain the urine, and it passes off involuntarily. It may be occasioned by



paralysis, as in aged people, or by weakness, as in children. Children are particularly liable to incontinence of urine, and most generally when asleep. A blister to the lower part of the back has been recommended. A preferable way is to give tincture of cantharides, from ten to twenty drops, according to the age, three times a day, an hour after meals. A tea of uva ursi and gum arabic is good to drink several times a day, and the drops may be taken in a little of this tea. Cascarilla bitters will be proper in some cases, where tonics are indicated, and the bowels should be kept regular with magnesia and rhubarb, or rhubarb syrup. Many cases have been cured with no other medicine than the tincture of cantharides.

Retention of urine is called strangury; difficulty and pain in making water is called dysury. Retention may be caused by going too long without emptying the bladder, which, by distention, becomes too weak to contract and expel its contents. This sometimes may be remedied by dashing cold water on the body, over the bladder, or by placing cloths wet with strong salt water or camphor spirits over the bladder; but this condition generally requires the catheter, and the water should be drawn off three times a day, until the bladder regains its power. Retention of urine may be caused by some obstruction, as stone, or by inflammation of the neck of the bladder, or of the mucous coat, or spasm of the muscles. These obstructions should be removed by appropriate means.

Difficult and painful urinating is relieved with spirits of nitre and laudanum, from twenty to forty drops of the latter to twice the quantity of the former, with mucilage of slippery elm, gum arabic, etc. Uva ursi tea, freely taken, is often very useful. Balsam copaiva and spirits of nitre, equal parts of each, a teaspoonful of the mixture two or three times a day, where there is a chronic inflammation of the mucous membrane, is very serviceable. P. S.

#### SICK HEADACHE.

This is a very common and afflicting affection. It affects mostly constitutions which are deficient in vigor in some part of the organizations, in consequence of which, derangement of the functions of the stomach, the process of digestion and assimilation, is induced from slight causes, or at least from causes which more robust constitutions, or those with stronger digestive powers, are able to resist. Sick headache is often attended with a habit of costiveness, and is prevented or cured by procuring daily a free discharge from the bowels. I have, in many cases, entirely removed the habit of frequent sick headache, by directing my corrective pills to be taken every night, when the bowels have not moved freely within the last twenty-four hours, in sufficient quantity to move the bowels in the course of the next day. The regular motion of the bowels prevents the accumulation of that acidity or vicious viscosity which is the proximate or imme-

diate cause of the headache. In those persons subject to this affection, it will often be brought on by any deviation from their ordinary mode of life, as a change of diet, or in the time of taking their meals. Even a dinner one hour later than usual, is liable to cause it. If such a person is rather unaccustomed to ride out, a few hours' ride is sure to produce it; and attending a lecture, a fair, or any other doings of a little more than ordinary excitement, is sure to be followed by this dreaded affliction. Affections of the mind, especially of the depressing kind, will also cause it. When the affection is brought on by any deviation from the ordinary routine of daily life, it is generally removed by a few hours of rest and sleep. But it must be remembered there is a wrong state of the system, which makes the person liable to these attacks, and which generally may be remedied.

When there is an excess of acid in the stomach, which is often the case, an attack of sick headache may generally be thrown off by taking spirits of ammonia and laudanum, fifteen drops of each in a gill of water. If this does not relieve in one hour, it may be repeated. Vomiting, produced by taking a tea-spoonful of ground mustard seed, mixed in half a pint of warm water, and taken at once, or a table-spoonful of common salt, mixed with the like quantity of warm water, and swallowed at one draught, is most sure to break up the paroxysm, and give relief immediately.



There are many kinds of periodical headaches, which are ranked by the sufferer with sick headache, which involve a more or less diseased state of the system, than common sick headaches. A person may have headache which comes on every day, or once in two or three days, and affects some particular part of the head, frequently over one eye, and continues from two or three to twelve hours or more. This is a misplaced intermittent, and is cured by taking quinine bitters once in three hours, during the intermissions, and the Dover's powder once in six hours, during the paroxysm, and regulate the bowels.

Those headaches called neuralgia or nervous headache, are generally cured by a course of quinine bitters and corrective pills, or some other tonic laxative, to keep up a free and soluble state of the bowels.

Headache may be caused by different derangements of the stomach. A man once came to me and complained of an exceedingly sour stomach, with occasional severe headaches. I gave him corrective pills to regulate his bowels, and ordered lime water and carbonate of ammonia for the excessive acidity of the stomach. He complained that the alkalies made him worse. I substituted dilute nitric acid, forty-five drops in a gill of sweetened water, three times a day. It was a perfect cure. The stomach wanted acid, instead of having an excess.

P. S.



## CHAPTER IX.

### ASTHMA.

ASTHMA is a paroxysmal affection of the lungs and organs used in breathing. The air cells are supposed to contract with each breath, thus producing great difficulty of breathing, tightness across the breast, and a sense of impending suffocation, without fever or local inflammation. In the majority of cases, symptoms of derangement of the stomach precede for several days an attack of this disease. A sense of weight and fullness, acid eructations, want of appetite, or an unnatural appetite, heart-burn, wind in the stomach and bowels, weight over the eyes, itching of the skin, etc. The paroxysm generally comes on at night during sleep. The patient is seized with great anxiety, difficulty of breathing, and stricture across the breast, and a short, dry cough. In a very short time these symptoms become appalling in their violence; the breathing becomes wheezing, extremely laborious, gasping, suffocating; the countenance shows intense anxiety and distress; the heart generally palpitates violently. The desire for fresh air and plenty of it is very urgent, the patient insisting upon the doors and windows being thrown open, even in the

coldest weather ; or he starts from his bed and rushes to the window for fresh air, and is wholly unable to remain in the recumbent posture. The extremities are generally cool, but sometimes of a natural temperature, and moist ; the face is bloated and livid, or pale, and the veins of the head and neck are full and show plainly. The pulse is irregular, intermitting, quicker than common, or moderately full and compressible ; sometimes it is nearly natural, and occasionally it is full, active, and firm. After these symptoms have continued for an uncertain length of time, the breathing gradually becomes less laborious and anxious, and towards morning a copious expectoration of viscid mucus generally ensues, which gives great relief. During the next day the patient has very little uneasiness. On the next night, however, the paroxysm of suffocating breathing returns, sometimes with increased force and power, and in this way the disease proceeds, with remissions by day and violent paroxysms at night, for three or four days in succession, and often much longer, before it finally subsides. During the paroxysms the urine is almost always pale and copious, and the abdomen distended with wind. Patients sometimes feel, about the commencement of the paroxysms, as if a free evacuation of the bowels would certainly afford them great relief ; but this feeling is almost invariably deceptive. No real pain is felt in the chest during the paroxysms.

Asthma is caused by particular conditions of the

atmosphere, in relation to its dryness, or otherwise, electricity and temperature. Most persons subject to this disease bear a dry and warm air much better than a cold and wet one, and they generally breathe easier in a pure and unconfined air. But sometimes the reverse is the case. Some breathe better in populous cities, or crowded rooms. Some suffer most during warm weather; others in winter, or about the autumnal and vernal equinoxes. Various irritating matters inhaled into the lungs; the suppression of habitual discharges, like the drying up of long-standing ulcers, or of the monthly discharges; translation of rheumatism or gout; cold bath, or application of cold water in inflammatory diseases; cold when the body is in a state of free perspiration, and particularly suppressed perspiration of the feet; strong mental emotions; particular odors and articles of diet, like odor of musk, roses, red beets, fresh hog, sealing wax; are given as causes of Asthma. But by far the most common exciting cause is organic affections of the heart.

An attack of Spasmodic Asthma seldom proves fatal. It is not uncommon to meet with persons of advanced age who have long been subject to this disease.

*Treatment.*—The treatment of this disease is merely palliative, or radical, according as we prescribe for the mitigation and removal of the paroxysms, or the prevention of their recurrence during the intervals of the



fits. What will cure one person often will have no effect upon another; and what will cure a person at at one time may not have any effect upon the same person at another time.

Bleeding was formerly resorted to in nearly every case. I would not recommend it in any case, particularly if it occurred in the West, or in a person who has resided in the West or South.

Narcotics have been a good deal employed, with a view of allaying the paroxysms. I know a large, corpulent man who was troubled with it, who found relief very soon by using a mixture of ipecac, one ounce, opium, one ounce, and brandy, one pint, mixed and shaken thoroughly together. He would take a tea-spoonful of this once an hour until he was relieved. It would generally sicken but not vomit him. Hyoscyamus and stramonium, also, may be used. A quarter of a grain of the extract every four hours is a dose. In one case a quarter of a grain of the extract of stramonium was taken once in four hours for two days. The disease did not return again for nine months.

The leaves and root of stramonium, smoked in a pipe, often has a very marked effect.

When a case is attended with catarrh, and a copious secretion of mucus in the throat, an emetic of ipecac is proper. When it comes on after eating a full meal this is proper.

Skunk cabbage is said, by some writers, to be a



good remedy. From thirty to fifty grains of the powdered root may be taken every two or three hours during the paroxysm.

It has been admitted by the profession, for a long time, that lobelia is one of the best remedies, if not the very best, that can be used in this disease. A table-spoonful of the saturated tincture may be taken every half hour until relief is obtained. It may be taken in this way until it produces sickness at the stomach. It should stop then, unless it is desirable that vomiting should be produced. Alkalies, like soda, saleratus, or weak lye, should be taken, if there is reason to suspect acidity of the stomach.

If the patient has any other disease, that should be treated according to the directions.

WHOOPIING COUGH.

This disease is contagious, and makes its advent in from nine to fourteen days from the time of exposure. It is a spasmodic affection of the air-passages of the lungs, and, during the paroxysms of coughing, these passages contract more or less violently, and as the patient draws in air, a sound is made resembling a whoop.

In ordinary cases no particular treatment is necessary. The stomach, during the progress of the disease, is lined with a mucus, which is of an acid nature, and to counteract this the simplest way is the best. For this purpose take ashes made of some live, hard

wood, (hickory wood is best), make a lye of these strong enough so that it will feel slippery in the fingers; put one or two tea-spoonfuls of this lye into a small tumbler of water and let the patient use it as a common drink. Do nothing else, unless the patient has a cold and cough connected with the disease, and then give the mildest expectorants. Our cough elixir is the best remedy I know of. If the cough is very severe, and the soreness of the lungs great, I would give the patient, if a child, from two to four years old, a tea-spoonful, two or three times per day, of a solution made of one grain of morphine to two ounces of water; for a child from five to ten, I would give from one and a half to three tea-spoonfuls, given in addition to the regular dose of the cough elixir. The habit some people have of giving powerful medicine from the commencement of the disease, is wrong; it weakens the stomach, destroys the appetite, and renders the patient unable to bear the disease. Its natural course is from four to six weeks. It is said that after three weeks if the patient is vaccinated, and it works well, the disease will be arrested.

#### NIGHTMARE.

This is a suspension of the power of motion, and also generally a cessation of the circulation. The patient awakes out of sleep, but can neither speak or

move, and feels as though a weight was laying on the stomach.

It is not attended with much danger, but the patient may lie for some time unless touched or shaken by some other person, when they will suddenly recover. It is caused by over-eating, or eating some food not easily digested just before retiring, and then laying on the back. If there is much pain or feeling of weight, a little soda, or saleratus water, or some stimulant, should be taken. But a better way is to avoid it by eating a light supper several hours before retiring to rest.

ST. VITUS' DANCE.—CHOREA SANCTI VITI.

This is a disease in which the limbs, the head, and all the parts of the body, which in health are moved according to, or by direction of, the will, are moved without the will, or against the will. It generally attacks the young, between the ages of seven and twenty, though not always confined to persons between those ages. Slender constitutions, of a fragile and nervous make, are most subject to it; also, those deprived of sufficient or proper nourishment. I have cured many cases, and all, except one, that I ever had, by the following treatment: Take physic of rhubarb and magnesia, or of corrective pills, every other night; cascarilla bitters three times a day before meals, and a small blister on the limbs once in two or three days, or sometimes on the back. In



some cases, where a girl had not constitutional energy enough to pass promptly from girlhood to womanhood, I have used, with complete success, the tincture of cantharides instead of blistering, to be taken three times a day, half an hour after meals, commencing with twenty drops, and increasing one drop each dose until a little strangury is produced, then begin back with twenty drops and increase as before. The one excepted, as mentioned above, was a young lady thirteen or fourteen years old. I had prescribed for her in the above manner, which had in every case before been completely and promptly successful. I called to see her in about ten days after the first prescription, and to my surprise there was no amendment. I then investigated the case more particularly, and found the stomach and bowels rather full and bloated; that she had a dry, hacking cough, and at times a voracious appetite, which did not seem to satisfy the hunger; and that she frequently started and moaned in her sleep; and, on inquiry, found that she was sometimes very white about the mouth and nose, with a great deal of itching in the nostrils. I concluded to try a course for worms. Gave a tea-spoonful of the down of cowhage in the morning, fasting, in molasses, three mornings in succession, and the fourth morning fifteen grains of calomel in an ounce of castor oil. The nurse said it brought away a quart of worms. She was cured. She took the bitters a while after this.

P. S.



I have seen one case of this disease that was cured by quinine bitters and corrective pills. It was caused, no doubt, by marsh effluvia. S. P. S.

## APOPLEXY.

Apoplexy is occasioned by pressure on the brain. The patient is insensible, and breathes with a noise like hard snoring, the breath being slow and deep. When the pressure is occasioned by a broken piece of skull bone pressing on the brain, the patient is relieved by raising the bone and removing the pressure. When the pressure is occasioned by a rupture of a blood vessel in the brain, it must generally be fatal. But I have known one case that partially recovered, and lived many years to old age, but was palsied on one side, yet retained the faculties of the mind in a good degree. This was a clergyman's wife, rather past the middle age. She was taken suddenly, while at work at something in the cellar, fell senseless, and was brought up in a state of apoplexy. She was cupped thoroughly in both temples, had active physic administered, strong irritation made on the lower extremities, first by mustard plasters, then by blisters, with the feet kept warm, and the head cool and elevated. Cases produced by distension of the blood vessels in the brain are frequently cured by the following treatment: Bleed, if the pulse be full; thorough physic, say calomel, twenty grains, followed in two hours with cream of tartar and jalap, a tea-spoonful of each,

repeated once in two hours until it operates. In the mean time the head must be kept cool and a little raised, and the extremities warm, with strong drafts applied, which shall cover the feet and legs above the calf. After the patient is partially relieved, and some trouble in the head, or determination to the head, continues, apply small blisters just above the inner ankles, and keep the bowels open. This last kind of apoplexy may be caused by deep trouble, which unnerves the system and thereby debilitates the circulation, and the blood recedes to the deep-seated parts and compresses the brain. Oftener it is caused by over-exertion and over-heating; the same effect is produced as above. The treatment usually succeeds. But if the patient is too weak to equalize the circulation he dies.

#### EPILEPSY.

This disease seems to be caused by something that irritates the nervous system. If this irritation is something that can be removed, it is curable. When the irritation is directly on the brain, it is, of course, generally incurable. But the irritating cause is often in the stomach, when it may be removed, and the disease is cured. The nervous system may be affected at the extremity of some of the nerves of the system, and conveyed from thence to the brain, and the disease produced by worms in the stomach. The irritation produced by marsh effluvia on the nervous sys-

tom; by that state of the female organs when the monthly evacuations do not take place; or the injury of some nerve, may produce it. The paroxysms generally come on suddenly; the patient falls wherever he is. The whole body is affected with jerking, twitching motions; the breathing is difficult, and performed by the same forcible jerking or forced efforts expelling the frothy spittle from the mouth. These spasms may last but a few minutes, but sometimes they continue an hour or more. The treatment may be inferred from the following cases:

*Epilepsy* — *Case 1.*—C——, a boy ten or twelve years of age, with epileptic fits, sometimes two or three in a day, with occasionally, but seldom, an intermission of a week. He had been subject to these fits about two months. He had had a great number in that time, occurring more in the night than in the day time—sometimes six or eight in one night. Although the boy appeared lively and smart between the paroxysms, yet his countenance was sallow, his tongue considerably coated, and his whole appearance indicated a bilious derangement of the general health. On inquiry, I found that he had been in the habit, for some time before the epileptic attacks, of often going into the water of a deep sloughy pond hole, and playing in it an hour or more at a time.

Prescribed quinine bitters once in two hours through the day; physic with Welsh medicamentum every other night. He was cured. The medicine was diminished by degrees for a month or more.



*Epilepsy — Case 2.*— A young lady of fifteen, of rather a full habit and flushed face, yet circulation sluggish, and the life-changes pertaining to her age slowly, irregularly, and with difficulty developed. Her father's house was on low ground, with a sluggish stream and slough near it. The parents were much alarmed about the daughter, and exhibited much anxiety. The girl had a permanent fur on the tongue, a frequent headache, capricious appetite, and constipation of the bowels. Began the treatment with corrective pills every other night; quinine bitters once in three hours through the day. This continued about two weeks. Then directed the quinine bitters three times a day, before meals; the corrective pills to be continued, and a tea-spoonful of Dewee's tincture, in half a gill of milk, three times a day, half an hour after meals, for ten days before the monthly period. This course was followed about two months; then the quinine bitters was changed for cascarilla bitters, two table-spoonfuls three times a day, before meals, and twenty drops of tincture of cantharides was directed three times a day, half an hour after meals, while she is not taking the Dewee tincture. She was entirely cured within the year, and has been exempt to this time, which is six years.

*Epilepsy — Case 3.*— I have now under treatment, a young man about twenty. He has had epileptic fits a year, about two or three a week. He has been in the army three years, and a great part of the time



in marshy districts, exposed to the influence of malaria. His countenance has the bilious aspect strongly. Directed quinine bitters three times a day, before meals, a blue pill every other night, and three corrective pills the next morning. In three weeks he called to see me; thought himself much better; had had no fits. Directed one drachm of quinine in a quart of Welsh medicamentum, and take a table-spoonful three times a day, before meals, when the bowels have not moved freely within twenty-four hours; and add an ounce of boneset to three pints of cascarilla bitters, and take two table-spoonfuls three times a day, before meals, when the bowels have moved within twenty-four hours. He remains free from fits, now six weeks.

I received, some ten or twelve years ago, from Rev. J. H. Warrell, formerly of Philadelphia, Pa., the following recipe for the cure of Epilepsy. He had a son who, at the age of four years, was taken with Epilepsy. They knew of no cause. He continued to grow worse until he knew nothing, and you could stick pins in his flesh to the head, without his knowing it. They had expended hundreds of dollars in vain attempts to cure him, until they were completely discouraged. At length there came along an old man, who was called a quack, who proposed to cure him and charge nothing except for medicine. The elder had no faith, and would not let him try. The grandfather of the boy proposed to pay for the medicine; and, after much teasing, a trial was had. The

boy gradually improved until he ceased to have the fits; his intellectual power slowly returned. He had no fits for about eight years, when his father suddenly died. The boy was much attached to him. The fits returned, and in about three years he died with consumption. So far as I know, this remedy has cured every case, and this is the only case in which I have known it to return; but I have only known of its being tried in four or five cases.

Essence of peppermint and essence of cinnamon, each, one-third pint, quinine 96 grains, African cayenne 336 grains, pure ginger 840 grains, laudanum two ounces. Put the ingredients together in the order named; shake thoroughly. Dose, a teaspoonful three times per day; if no improvement is procured in ten days, increase the dose gradually until twice the quantity is taken. It should be given in sweetened water. The bowels must be kept open with corrective pills or medicamentum.

There is some science about this prescription, if the disease is caused by marsh effluvia or debility, but if caused by any thing wrong about the brain, I can not see how it should effect a cure, unless it is by the opium suspending the nervous functions until the habit is broken up. There are many things in nature for which we can not account. I do not attempt to give the mode of operation of this medicine, neither do I care for the source from which it came. I do know that it has cured every case where I have known of its being tried, therefore I do not hesitate

to prescribe it in every case where milder means have failed. It is very strong, but patients with this disease do not complain of it; their taste seems to be depraved. The medicine is a sure cure for Fever and Ague, but as that can as well be cured with milder means, I would not prescribe it for that disease.

## COLIC.

Writers have described many varieties of Colic. For our purpose, it is sufficient to mention three kinds: Flatulent or Wind Colic, Bilious Colic, and Painter's or Lead Colic. Colic may be distinguished from inflammation of the bowels, by the absence of fever, and by the effect of pressure on the bowels, which, in Colic, gives relief, but, in inflammation of the bowels, increases the pain.

Common Colic is that which most frequently comes under the head of Flatulent Colic, and is occasioned, generally, by something taken into the stomach, which, under present circumstances, being deranged by fatigue or sudden changes from heat to cold, it does not readily digest. The pain often commences at the pit of the stomach, and frequently centres around the naval in the umbilical region, drawing the belly with spasmodic force toward the backbone. Free purging cures it. A dose of castor oil, or, say, two table-spoonfuls of castor oil, with a tea-spoonful of oil of turpentine, given in a little ginger tea, and repeated once in two hours until it operates. I fre-



quently begin the treatment by giving an anodyne; forty drops of laudanum, with a tea-spoonful of sulphuric ether, in half a gill of water; then, as soon as a little ease is produced, give the physic. If the first dose of anodyne does not relieve the pain, repeat it in one hour. If the stomach is irritable, a mustard plaster over it is proper. Fomentations with bitter herbs, hops, or smart-weed, over the bowels, relieve the pain and help the operation of physic. Emollient injections, made of boneset tea, milk and molasses, or castor oil added, or Castile soap and water, will be proper, and, when the physic is slow to operate, are necessary. The warm bath, also, may be used to advantage. When all the above fail to move the bowels, add a little tobacco to the injections and to the fomentations.

I use my colic bitters successfully, both as a preventive and curative.

P. S.

#### BILIOUS COLIC.

In Bilious Colic, that irritation which produces colic pains seems to be occasioned by vitiated bile. Bilious Colic seems to depend on the same remote cause which produces Bilious Fever. It occurs in the same situations and at the same seasons with Bilious Fevers. The general appearance of the countenance and of the eyes is the same; and it is preceded by the same feelings of general lassitude, weariness, headache, loss of appetite, and bitter taste in the mouth,



thirst, nausea, and occasional vomiting. Relieve the irritation of the stomach, ease the pain, and evacuate the bowels, as directed under Common Colic; then give quinine bitters once in three hours through the day, a blue pill at night, and two corrective pills the next morning.

Painter's Colic, or Lead Colic, has for its remote cause the fumes of lead in some form or other; generally in mixing and using paints prepared with some form of lead. It generally comes on gradually, commencing with symptoms of deranged stomach, such as irregular and weak appetite, foul belchings of wind from the stomach, languor, slight nausea, costiveness, with transient pains and a feeling of weight and tightness in the belly, a kind of drowsiness, with little inclination to think or to act. By degrees the pain in the stomach and bowels becomes more severe and constant, the abdomen is hard and drawn back, and, in some degree, tender to pressure, the bowels very torpid, and the stomach generally irritable; the pain is more steady than in common colic, and very agonizing. In the treatment of this kind of colic, in addition to the anodynes and cathartics used in Common Colic, I have found much help from a tablespoonful of unground mustard seed given three times a day in molasses; I also give a tea-spoonful of sulphur every day.

P. S.

It is not necessary that the various names given to Colic should be mentioned even in this work. Father

has said enough already to enable any intelligent person to distinguish one variety from another, as much as is necessary for its intelligent treatment.

There is a form of Colic called *Colica Hepatica*, or Liver Colic, consisting of pain in the region of the liver, chiefly about the gall bladder, caused by the passing of gall stones, or hardened bile, through the gall ducts. A description of this will be found under the head of "Gall Stones."

The Painter's Colic, or colic caused by handling lead (those persons working in lead manufactories being even more likely to be subject to it than painters), is nothing more nor less than colic, only we know the cause. It is less likely to yield to proper treatment than colic produced by some other cause. It will be found necessary to give more opium to relieve the pain; do not fear to give large doses. If you are certain that it is caused by lead, or if the patient is working in lead and you know of no other cause, give one-third more opium or laudanum than in other cases; repeat the dose once in an hour and a quarter until the patient is relieved. Apply the fomentations, and use the other means prescribed; but do not give physic in colic until the pain is relieved. Painter's Colic is very apt to be followed by palsy, and this should be guarded against, by giving the patient strychnine, as soon as the colic is relieved. Dissolve one grain of strychnine in sixteen tea-spoonfuls of water, and give a tea-spoonful three

times per day, before each meal. Stop painting, or working in lead. If you have the second attack, and it severe, quit the business entirely. It is probable that the colic bitters, taken once a week, or in small doses every other day, would prevent Colic even in painters.

TIC DOULOUREUX, NEURALGIA.

This is a very painful affection, without fever, and may affect any part of the body where nerves exist. It more frequently affects one side of the face, and often the fore part of the head and over one eye. It is generally paroxysmal, and diurnal; each paroxysm of pain lasting from four to twelve hours, then leaving the sufferer comparatively, and sometimes perfectly, easy. The pain is sometimes excruciating, even to distraction. Doubtless it generally proceeds from the same cause that produces Fever and Ague, and is cured by the same treatment.

*Case of Mrs. H——, of Hoosier Grove.* — March 1st, 1848, was called to see Mrs. Holden. Found her laboring under most excruciating pain in one side of her face; a haggard and woe-worn countenance, of a sallow hue, and her tongue covered with a yellowish white and fuzzy fur. Her pain was paroxysmal, coming on every forenoon, and lasting from four to six hours. She had been affected two or three weeks, and had been attended by a distinguished physician from St. Charles. He had endeavored to remove the



malady with strong narcotics, stramonium, belladonna, etc. He was a resolute fellow, and bore on with a determination to succeed. He had succeeded in producing great irritability and soreness of the stomach; she could take neither food nor medicine; her stomach rejected every thing. She was, of course, very feeble and quite exhausted. Her bowels had not moved for three days. Ordered a mustard plaster over the stomach; a scruple of magnesia in half a gill of milk and water once in two hours, when this is kept down, four corrective pills. After the physic operates, quinine bitters once in two hours, when the pain is off, and a Dover's powder once in four hours, when the pain is on; corrective pills every other night. She was nearly cured in three days, and entirely well in five.

P. S.

#### NEURALGIA.

In the West, and more particularly when the country was new, this disease was frequently met with, and often was as badly treated as the case of Mrs. H——, related above. Where it is evidently paroxysmal, coming on and going off at particular hours, it is evident that it is a "misplaced intermittent," and should be treated just the same as a case of chronic Fever and Ague. The quinine bitters should be taken in the same way. Keep the bowels open with corrective pills and rhubarb syrup, and, when the pain is on, take Dover's powder, adding, to



four grains of it, one-eighth of a grain of morphine. The only effect of this is to relieve the pain temporarily; the quinine is what will effect a permanent cure, and that is certain, if persevered in, and the bowels at the same time kept regular. None of the remedies advertised as cures for Neuralgia, which are narcotics, will afford more than a temporary relief. If you wish a permanent cure, you must remove the cause, by a persistent course of quinine and laxatives, continued until the habit is broken and the general health perfectly restored.

PALSY—(PARALYSIS).

Palsy consists in impaired or total want of voluntary power of motion, or of sensation, or motion and sensation both. Not always attended with loss of consciousness.

Different names have been given where different parts of the body have been affected; but we will call palsy palsy, no matter what part of the body is affected thereby.

It generally attacks one side of the body, yet it may affect the lower limbs, or the upper part of the body; or all, or one or more of the vital organs. Various causes have been assigned, but it is probable that the real cause is unknown; or that it is caused by one thing in one person, and by another thing in another. I had a patient about ten years ago that suddenly lost the sight of one eye from paralysis of the optic

nerve (Amaurosis); in about a year one side of his body was completely palsied, and I was called immediately. He was over sixty years old, and I told the family that he probably would never recover the use of arm or leg either; but under the treatment pursued he slowly recovered the use of his leg and partly of his arm. I believe this was caused by constipation of the bowels. I gave him rhubarb syrup to keep his bowels open, and strychnine as a tonic. Strychnine, dissolved in water, one-sixteenth of a grain, three times per day as a dose. He is now alive and can walk about. Another case, a lady between fifty and sixty, of a nervous temperament, and never strong, but active and ambitious, was stricken, suddenly, by partial palsy of one side of the body. By degrees, under the strychnine treatment, she was restored completely. In about one year she had another stroke; the same treatment relieved her from this. In about six months she was taken suddenly with complete palsy of the stomach; there was no action; medicine was useless; it had no effect whatever. She gradually grew weaker, and died the third day. She was troubled for years with constipated bowels. I have never seen a case of palsy that was not preceded for years by constipated bowels. I believe that is the cause of a great majority of cases. The object of the treatment is to restore, if possible, action to the part; for this purpose use friction daily, brushing the part and using stimulating washes and liniments, keeping

the bowels open with mild laxatives, and give tonics, such as cascarilla bitters, and quinine bitters, if the tongue is coated, until it is clean, and persisting in giving the strychnine in doses of one-sixteenth of a grain, which may be increased after a few days until one-eighth of a grain is taken at a dose.

## DIABETES

Is an excessive discharge of morbid urine. This disease is by authors divided into several varieties. That kind in which sugar is contained in the urine, is called Diabetes Mellitus. The disease usually affects broken constitutions, and is connected with various indications of disease of the general health, such as disordered digestion, variable appetite, general debility, and depraved secretions. Diabetes, especially the worst varieties, are seldom entirely cured, though most cases, by proper treatment, may be relieved, and life considerably prolonged. I have treated Diabetes Mellitus in the following manner, with decided benefits; and in the case given below the diabetic symptoms were completely removed, and the patient enjoyed comfortable health a number of years.

I. S. came into Westmoreland, Oneida County, New York, when he was a young man, and the country was covered with heavy timber. He was a hardy and very industrious man, laboring early and late, and even day and night. He retained his health and vigor, and his excessive industrious habits, until he



was about sixty-seven years old, and had by his industry accumulated considerable property, and was a wealthy farmer. He was taken with Diabetes Mellitus, discharging frequently two gallons of water during the night, so imbued with sugar that where drops spattered and dried, grains of sugar would be left. His health and vigor failed fast. He viewed his approaching end with alarm, and was completely unmanned. He was attached to the world; had lived for the world. Honest with all men, and a good friend of mine, I prescribed for him with a good deal of anxiety, and a strong desire to help him, as follows: Rhubarb and magnesia, equal parts, were given every morning when the bowels had not moved freely within twenty-four hours; from six to eight grains of Dover's powder, with a scruple of pulverized uva ursi was given every night at bed time; thirty drops of laudanum, in a gill of lime water, was given three times a day before meals; thorough brushing with a flesh brush, and flannel worn next the skin were recommended; and beef steak and an almost exclusively animal diet was enjoined. Those varieties of Diabetes which contain no sugar are called Diabetes Insipidus. Of this there are several varieties. One variety has milky urine, being mixed with chyle, which is the food prepared by digestion to be absorbed into the system for its nourishment. This variety of Diabetes is much less dangerous than the Diabetes Mellitus, and is often easily cured by the treatment



recommended for this. One variety of Diabetes Insipidus has an excess in the urine of a salt called urea. This may be known by a deposit of reddish sediment, called the brick dust sediment, in the urine after standing a few hours. Tonics, with opium, and alkalies, are the proper remedies for this variety. Keep the bowels open with rhubarb and magnesia; quinine or cascarilla bitters three times a day before meals; twenty grains of bicarbonate of soda, or a gill of lime water, three times a day, an hour after meals, and a Dover's powder at bed time. Another variety has an excess of phosphatic salts in the urine, known by a deposit of white powder. This variety, with acids instead of alkalies; keep the bowels open with rhubarb and cream of tartar; quinine bitters three times a day before meals; twenty drops of dilute nitric acid three times a day, half an hour after meal; and a Dover's powder, with an equal bulk of cream tartar, at bed time.

P. S.

#### PALPITATION OF THE HEART.

This affection is so common, and is produced so frequently, and from such slight and common causes, and so often passes off without any ill consequences or permanent harm, that we would naturally think it would not be likely to cause much alarm or anxiety; yet as every organic disease of the heart produces Palpitation of the Heart, and as this is generally understood by all nervous invalids, such persons are

apt to fear they have an organic affection of the heart, and that has a tendency to produce or continue, or increase the palpitation; whereas, not one case in ten of Palpitation of the Heart, by my observation, is symptomatic of organic affection of the heart, or occasioned by it.

Palpitation is an unequal beating of the heart, and is occasioned by any thing that disturbs its regular and equal beat. The blood should flow steadily and equably through the heart. Any thing that diminishes or increases this regular flow produces a jar. Sudden exertion, leaping or running; sudden fright will produce it; a torpid liver produces it. When there is any disease of the general health, causing debility, and producing derangement in all the functions of life, the nervous fluid is irregularly furnished to the heart, and its action is disturbed. Overloading the stomach, improper food, irregular meals, laborious digestion with a weak stomach, produce palpitation. The remedy is to restore the general health; for treatment of which, see Diseases of the General Health. Regular meals, suitable diet, exercise and rest. Tincture of colchicum seeds, twenty to forty drops, when the symptoms are bad. Tincture of valerian sometimes is good.

P. S.

## CHAPTER X.

### DIARRHŒA.

DIARRHŒA consists of frequent, and, generally, copious discharges from the bowels. The causes of this are very various, and the effects may be produced either by the irritating nature of the contents of the bowels, or by the irritable condition of the mucous membrane, which is the inner coat of the bowels. Sympathetic diarrhœa seems to be an effort of nature to throw off some offending matter, or to counteract some baneful influence; as when one has taken some indigestible food, improper in quantity or quality, diarrhœa often supervenes to throw it off; or, when a child has been hurt on the head, or is cutting teeth, diarrhœa sets in, and is nature's effort to throw off or counteract the irritation or the injury. This kind of diarrhœa is attended with increased discharge of bile, is meant by nature to be salutary, and should not be checked too suddenly. First, give physic, magnesia and rhubarb, or castor oil with paregoric. After the physic has operated, if the diarrhœa continues, give paregoric and soda. To an ounce of paregoric, add an equal quantity of water, a tea-spoonful of soda (bicarb.), and a table-spoonful of loaf sugar. To a child, four years



of age, give a tea-spoonful every time the bowels move, if they move oftener than once in twelve hours. As long as the complaint continues the physic should be given once in two days. This is the most common diarrhoea of children in the summer, and is readily cured with the above treatment, unless it is occasioned by some permanent irritation. Then we should not aim to stop it entirely, but to check it and keep it within proper bounds. A much worse kind of diarrhoea is that in which no bile is discharged; but the evacuations are clay-colored, or white, and frothy, sometimes thin and almost colorless as water, or a little milky, or like rice water. This should be treated like Cholera Infantum. P. S.

*Case of Chronic Diarrhoea.*—Mrs. P——, an English lady of genteel and respectable appearance, was brought to me from Aurora, twenty-four miles distant, on the twenty-third day of October, 1853. She was about thirty years of age, possessed a constitution rather delicate, a sanguine temperament, and considerable energy of character, as was evinced by her venturing so far to see a physician in her extremely debilitated condition. She was very much emaciated, pale, with a bright red spot on one of her cheeks, hurried and laborious breathing on the least exercise, and with a small, fluttering and feeble pulse of a hundred and forty or hundred and fifty strokes in a minute. She had Chronic Diarrhoea. She stated that she had been afflicted with this disease since



last May. She was taken on her voyage from England. She had tried many physicians without relief. The discharge from the bowels was white or clay-colored, and frothy, watery or milky, and frequently mixed with undigested food. Appetite variable, mostly deficient, with more or less distress in the stomach after meals, attended with increased circulation.

She obtained a boarding place two miles from me, with a kind family accustomed to nurse and care for the sick.

Prescribed diarrhœa pills, each pill containing sulphate of copper, one-third of a grain, and opium, one-half of a grain, one to be taken, three times a day, an hour after meals, with quinine bitters as follows: Quinine, thirty grains, loaf sugar, four ounces, brandy, one gill, laudanum, two drachms, water, three gills, a table-spoonful once in three hours through the day. Diet light, nourishing, and taken five times a day, immediately after the bitters, as follows: Bitters at six A. M., cream toast and tea; bitters at nine A. M., beefsteak, and so on; bitters once in three hours, followed immediately, one-half the time, with some animal food, the other half with some light farinaceous food.

October twenty-fifth.—Patient encouraged, less pain, bears food better; continue treatment, sponge the body with strong salt water, wiped off with a coarse towel.

Twenty-eighth.—Treatment continued.

Thirtieth.—Discharges less frequent, but still not much changed in quality; ordered a liver pill at night, and two corrective pills the next morning; all the other treatment continued as before.

Thirty-first.—Continued treatment; the bile started a little; directed a liniment rubbed in thoroughly over the right side; spirits camphor, two ounces, laudanum, one ounce, spirits ammonia, one ounce, oil oreganom, one drachm.

November second.—Patient is improving every way; discharges more bilious, and occasionally dark-colored; appetite improves; irritative fever diminishes; take the liver pills every other night; continue the other treatment.

Fifth.—Continues to improve; take the quinine bitters three times per day, morning, noon, and night, before meals, and the diarrhoea pill once a day, an hour after supper.

Seventh.—Continue treatment; patient improving.

Sixteenth.—The improvement continues; omit the liver pill and the quinine bitters; take cascarilla bitters, with one ounce of uva ursi added to the regular quantity, two table-spoonfuls three times daily before meals; take corrective pills every other night, enough to move the bowels if they have not moved freely themselves; from two to five pills.

Twenty-third.—Patient improving fast; continue treatment. The man of the house where she is board-

ing has killed twelve quails at one shot, and she has prepared a quail pie, in good English fashion, to treat me at this visit.

Twenty-eighth.—Visited my patient, found her in good spirits, preparing to return home; dismissed her with our mutual blessings and good wishes, and with a bottle of cascarilla bitters, and a box of corrective pills. The cure was complete and permanent.

P. S.

I have had many cases, during and since the war, of Chronic or Compound Diarrhœa, many of them good physicians had prescribed for, without the least benefit. It is wonderful that so few good army surgeons and physicians understand the true theory of this disease. There is no bile in the secretions, consequently in the discharges, and mercury, blue pill, etc., etc., are prescribed; the patient grows worse; they are astonished; astringents and opiates are prescribed; they afford temporary relief; but still the patient grows worse and worse, weaker and weaker, the bowels become ulcerated, the feet and legs swell, and, after a lingering death, they are finally relieved from their sufferings, but not until they have waited and prayed for even this relief from their sufferings. Who can not see that thousands and hundreds of thousands of our brave and patriotic boys, who never quailed amid the din of battle and the clash of arms, have fallen victims, not to diarrhœa, but to the scientific ignorance of the faculty and the dignity of the medical



profession. The bile must be started; mercury will do it; it is given and repeated, again and again, without any effect other than to reduce the poor victim lower and lower. I give in these cases, if they have a cough, the "Alterative Tonic and Expectorant Syrup;" the diarrhoea pills, of blue vitriol and opium, one or twice a day; a pill of beef's gall and opium, about one grain of opium to two of beef's gall; cascarella bitters, with the uva ursi; and quinine bitters, if there is brown coat on the tongue, and fever, or if the patient has been much in the malarious districts of the South and West.

I have never failed to effect a cure.

#### ASIATIC CHOLERA.

This terrible disease first appeared in the United States in the summer of 1832. It had been about a year making its way from Asia through Europe to this country. In the month of August it was making frightful havoc in the city of Utica, New York. Several physicians, with myself, visited the place to learn the character of this new disease. After calling, in company with a physician of the place, on several patients in different stages of the malady, we went to the hospital and found one just dead of the disease, who had been taken that morning after breakfast in a most violent form. This body we dissected thoroughly, and found the fluid part of the blood, and all the fluids in the body, completely drained out.



That which was left of the blood was only the solid part, which appeared in the veins in black specks. The secretory organs were entirely locked up. The gall bladder and the urinary bladder were empty, and very much contracted and corrugated. From these appearances, and from what I had seen of the symptoms, I was impressed with the belief, that the first step in the progress of the disease is a diminution of nervous energy. The next step is the inverted action of the lacteals, by which the fluids that exist in the blood, and have been conveyed to it from the stomach and bowels, are, by their inverted action, returned to the stomach and bowels and ejected from the body. This produces a state of depletion; depletion produces the spasms, as an animal bled to death goes into spasms from the loss of blood. The chyle is a white, milky fluid, prepared from the food by digestion, for the nourishment of the body. The lacteals are numerous small vessels which convey this fluid to the circulating system. The discharges from the body in cholera have, in part, the appearance of chyle, or chyle mixed with lymph and the serous part of the blood. Whether the cause of the diminution of nervous energy is a subtile, deleterious fluid eliminated from the earth or water, or whether it is a contagion, conveyed by ships from the old world, or whatever its origin, it is very certain that it is much increased in violence and destructive energy by any thing that debilitates the system, or causes an expendi-

ture of sensorial power. Fear, anxiety, dread, grief, foul air, irregular or unwholesome diet, intemperance of all kinds, and hardships of every sort, enhance its power, or excite its action.

*Treatment.*—In the treatment of Cholera we have to stop the fatal discharges, to equalize the circulation, to start the secretions, and to counteract the inverted actions. The treatment which I adopted at first, and which I have found most successful, combined the above purposes. If I found the patient vomiting and purging, with frequent spasms, I would say to him, “Don’t be frightened, dear Sir, I shall help you, I think.” Then say to the attendants “Warm his feet and legs, give them a thorough rubbing, one of you, another get something warm to his feet, bottles of warm water, or hot bricks at his feet and between his legs, or hot cloths constantly heated and frequently changed; put a mustard plaster over his stomach and bowels; give him a powder, containing five grains of pulverized camphor, two grains of pulverized opium, and fifteen grains of calomel. If he vomits this give him another immediately.” This treatment I have found successful to arrest the disease. But Cholera generally makes its attacks with the premonitory symptoms of diarrhoea, when it may be arrested with milder treatment. I give below the treatment prepared for another work, and embracing also cases of collapse and of convalescence:

“When Cholera prevails in a place it makes its

attacks generally, but not always, with a diarrhoea, with discharges thin and like rice water. This is apt to be neglected; but it is Cholera, and full of danger. Lie down immediately; keep still and keep warm, especially the feet; be not alarmed; you are not in danger if you follow the directions.

“Take thirty drops of No. 1 on a lump of sugar. If the diarrhoea is checked, continue to take the diminished doses once in four hours; twenty-five drops, twenty, fifteen, ten, nine, eight, seven. Be careful of your diet, do not drink large draughts of cold water; you are cured.

“If the first dose does not check the diarrhoea, repeat the medicine every time the bowels move, increasing five drops every time. This will generally stop the discharge. But if it should fail, prepare a quantity of starch, as if for starching linen, and, to two table-spoonfuls, add forty or fifty drops of laudanum, for an injection every time the bowels move, continuing the drops as above directed.

“But when the attack is more violent, and there is vomiting and purging, and sometimes cramps and colic pains, No. 2 is then indicated, and should be taken in doses of from thirty to forty-five drops, in a little sweetened water, or a little weak brandy and water, every hour, or every half hour if the case is rapid and urgent. If the first dose should be thrown up, another dose should be ready to give as soon as the vomiting and the spasm of the stomach attending



it ceases. Mustard poultices should now be applied to the pit of the stomach and kept there until the surface is well reddened.

“When the extremities grow cold, and the surface is becoming blue, with a deep-sunken eye and a failing pulse, the collapse is approaching. Do not abandon the patient; thousands have been saved from this condition. In addition to No. 2, brandy must be given, from half to a whole table-spoonful, every half hour; or in extreme cases every fifteen minutes, until the pulse is improved and the natural heat restored. Alcohol or other spirits will answer the purpose if brandy can not be had. In connection with this heat must be applied with a great deal of friction. Bottles of hot water are recommended. When a competent number of assistants were at hand, I have generally used dry, hot cloths, changing them frequently. While one is heating the cloths another is changing them, and another assiduously applying the friction, to the limbs especially, also over the bowels and back, where the skin is not made too tender with the mustard poultices. These I apply strong to the stomach and bowels, calves of the legs, hands and feet. I have also sometimes used, and apparently with good effect, a liniment made of equal parts of spirits of ammonia and spirits of turpentine, shaken together, and thoroughly rubbed in over the whole length of the spine.

“Great thirst prevails and produces much suffering.



The patient begs hard for cold water. He must not have it, except to wash his mouth, and gargle in his throat. A tea-spoonful of gum arabic water, or slippery elm water, or burn crust water, may be given often; when the sufferings are intense, every five minutes.

“After a severe attack a typhoid state of fever generally exists for a few days. It is not dangerous, and subsides in a few days with mild diaphoretics and gentle stimulants. The diet should be very simple, but nutritious in some degree, for a few days, and during convalescence; rice water, arrow root tea, chicken tea, or beef tea made weak, with a little rice boiled in it, should be given in small quantities, and frequently. P. S.”

No. 1, for Cholera:—℞ Laudanum, 1 oz.  
Spirits Camphor, 1 oz.  
Tinct. Rhubarb, 2 oz.

No. 2, for Cholera:—℞ Laudanum, 1 oz.  
Tinct. Capsicum, 1 oz.  
Tinct. Ginger, 1 oz.  
Tinct. Cardamon Seeds, 1 oz.

In a correspondence I had this spring with Dr. D. Delaney, of Solon Mills, McHenry county, Ills., he says: “The preparation I use for Cholera, I got from a Thompsonian doctor in Ohio, upwards of thirty years ago, when the Cholera first appeared in the rural districts of that State. He used it for

Cholera Morbus, and thought he cured a case or two of Cholera with it :

“ R Vinegar half a pint, salt a table-spoonful, capsicum a table-spoonful ; mix. As often as the stomach settles, give a table-spoonful. Two or three spoonfuls, kept down, will generally operate as physic.

“ I have given this, in Cholera, with invariable success, in all its stages, from the first attack down to the stage of a collapse. I repeat the dose in from ten to thirty minutes, according to the urgency of the case, until it operates as a cathartic, which will be known by the burning sensation when it passes away ; when this is felt, the disease is overcome. In some few cases, I have had some trouble to get a regular discharge from the bowels after it, but no Cholera ever followed.”

Dr. D. also gives some interesting cases where he succeeded with this remedy. I have heard of it before, but never tried it. It has the advantage of being at hand in every family, and could be used immediately, before a doctor or other medicine could be procured. When Cholera prevails, every family and person should be prepared with medicine ever ready ; take it with them if they go from home, and, when the first diarrhoea appears, lie down, take the medicine, use the mustard and external applications, and not stir until cured. In this way Cholera can be stopped, any where, upon its first appearance. In the cases that I have had, I have used the treatment prescribed

by father. In one day I lost four cases out of nine, but they were all in a dying state before I saw them.

## CHOLERA MORBUS.

This disease generally commences with pain in the stomach and bowels, which very soon becomes severe, also sickness of the stomach; in a short time vomiting commences, which is soon succeeded by violent purging, although the purging may commence before the vomiting, or the vomiting may commence before the pain. As the disease increases, the pain, which comes on in paroxysms, becomes very severe, and feels like the cutting of a knife. If the disease continues to increase for two or three hours, the legs and arms sometimes cramp violently. The discharges from the bowels are dark colored, contain bile, and smell offensively. In Cholera there is little or no actual pain, the discharges from the bowels are like water, or rice water, and without smell. You need never mistake these diseases, if you remember these simple directions.

*Treatment.*—The first thing to do is to see that the feet, legs and hands are warm, and keep them so; next, put a strong mustard plaster over the stomach; then (if an adult) put one-fourth of a grain of morphia upon the roots of the tongue, repeat this once an hour, until the pain and vomiting have ceased (which will generally be within from two to six hours); give no drink of any sort, not a drop, until

the sickness is gone, then give a little chicken tea every few minutes; let the patient take cold water to wet the mouth, as often as desired, provided none is swallowed. In six or eight hours after the pain and vomiting have ceased, give a mild laxative, and the cure is complete. Eat and drink light for a few days.



## CHAPTER XI.

### BURNS AND SCALDS.

THESE accidents are common in every family; few children arrive at the age of man or womanhood without being burned more or less severely. There are about as many different remedies as there are articles of medicine in the *Materia Medica*. I think I have seen more foolish prescriptions for burns than any other trouble; and I know several persons that have been maimed, and others that will carry terrible looking scars for life, that might have been avoided had the right thing been done.

These various remedies are used with the idea that they "take out the fire." The fire is nothing more or less than a sudden acute inflammation, which is more or less severe according to the amount and length of time the heat has been in contact with the burned part. There is nothing so good for a burn or scald, when it first happens, as cold water. You might prepare two vessels, fill one with scalding hot water, and the other with cold water, and dip your bare arm to the elbow quickly in the scalding water, withdraw it immediately and immerse it in the cold water without the least harm. The quicker cold

water can be applied to the burnt part the better; but where there is much clothing over the part it will be impossible to apply the cold water quick enough so that it will penetrate to the burn before the hot steam or water has produced some effect, and generally not before it will blister. About two years ago, our little daughter, then about two years old, pulled over a large coffee boiler full of boiling hot coffee, in such a manner that both ankles and feet were completely soaked with the boiling fluid. She ran screaming across the kitchen, through the hall, into the room where her mother and myself were. I saw what had happened, and threw a wash bowl of cold water immediately upon her feet, then filled the bowl again and put her feet into it. In the meantime her mother was taking off her shoes and stockings. One shoe was not tied, and that foot did not blister, but the other foot was blistered on the instep where it was girthed with the shoe strings. The burned parts should be kept immersed in cold water, or several thicknesses of cloth, constantly wet in cold water, should be kept upon the parts until the pain ceases or "the fire is out." A little spirits added to the water will be better, as it will keep cold longer in consequence of the more rapid evaporation. It is important to keep the air from the burn as much as possible. After it is no longer necessary to continue the cold applications, cotton or linen lint, completely soaked in linseed or olive oil, should be applied,

so as to completely cover the parts and exclude the air, once a day or oftener; if the sore discharges much it should be washed with Castile soap and soft water. If the fingers or toes are burned, each one should be done up by itself, or they might grow together. Care should also be taken when the burn is on the neck to keep the head back, or the muscles may be so contracted that ever after the head can not be carried erect. The same caution should be exercised when the burn is behind the ears. When the burn is so severe, or so great a portion of the body is burned, that the patient becomes insensible, and the pulse is weak and low, stimulants should be administered until a reaction takes place in the system, and in no case should any physic be given until such reaction has been established. But when a burn is so severe as to produce this state of the system, a good physician should be called and his directions followed.

As long as life remains our efforts to alleviate distress should not cease. There is very little hope of a favorable issue when the symptoms last described are present.

Our good dames, and other benevolent observers, have certain cures for burns, or some applications, the very best, in their own opinion. I recollect, when I was a young physician, I was called to go four miles, as soon as possible, to see a child that was very badly scalded, and was stopped three times on the road by anxious and knowing matrons to tell me what to apply



the very first thing, each one knowing positively that her prescription was the best that could be; she had tried it over and over again in her own family, and with others. One prescription was spirits of turpentine; another, scraped potato; and a third, linseed oil. Now, any of these things would be very good in certain conditions; but in my case I had not the opportunity to test them, for the child was dead when I arrived. I was taught to treat burns on the same principle as other injuries and ailments. If it is burnt to inflammation, treat it as inflammation. If it is burnt to produce death of the part, treat it as local mortification. If the inflammation produces suppuration, treat it like a running sore. I have always practiced in this way, and have succeeded to my satisfaction. As soon as a burn or scald is received, apply cold, wet things, and keep the burn covered from the air. If spirits are at hand mix one-third spirits and two-thirds water, wet a cloth and cover the burn; keep it wet by applying the liquid with a sponge or cloth; do not uncover it; keep it wet until the pain and smarting ceases, that is, until the inflammation is subdued, or, as they say, "the fire is out." Don't wait for the spirits, but apply water till you get spirits. Then dip cloths or cotton batting in linseed or sweet oil and apply them, changing before they become dry. If inflammation rises, renew the wet cloths for a time. Lead plaster and sweet oil,



equal parts melted together, make a good cerate to dress the sores. If there should be much inflammation, physic with salts, or salts and magnesia are proper

P. S.

## CHAPTER XII.

### EXANTHEMATA — DISEASES OF THE SKIN.

THIS includes all diseases of the skin ; but we are now to consider those common and minor affections of the skin, which are, we think, without much advantage in treatment, split up by curious scientific men into many varieties. Such are known by people generally as Shingles, Ringworm, Nettle-rash, Salt-rheum, Scald-head, Itch, Prairie Itch, or Illinois Mange. Many of these diseases are the effect of marsh effluvia, and perhaps all, except the Itch, which is contagious, and perhaps, also, Nettle-rash, which seems to arise from irritation of the stomach. The following is my treatment for all the above diseases : First wash the sores, especially if they discharge any kind of matter, in soap-suds made of Castile soap and soft water, then wet them with the alterative wash No. 3 ; wait a few minutes until dry, then smear them over with alterative ointment No. 1 ; dress the sores in this way once a day, and, in the mean time, take an alterative powder, every other night, and quinine bitters three times a day. Shingles, Nettle-rash and Prairie Itch require the whole of the above treatment ; for the Ringworm, Salt-rheum, and Itch, the alterative pow-

der and the quinine may be omitted, if the general health is otherwise right; and for the Itch, sulphur and cream-of-tartar may be substituted for the alterative powder. P. S.

By referring to the recipes in this work, all the medicines mentioned above will be found. In any of these diseases, where there is a brown or yellow fur on the tongue, it will be necessary, in order to effect a cure, to give freely, for one, two, or three weeks, the quinine bitters, and they should be given from the commencement of the treatment. I give iodide of potassium for an alterative in these diseases, in place of the "alterative powder" mentioned above. This treatment will be found efficient for Itch, Scald-head, and all diseases of the skin.

S. P. S.

#### MEASLES.

This is a contagious disease, not generally dangerous; seldom, if ever, affects a person but once during life. The length of time from receiving the infection to the manifestation of the symptoms, varies from five days to three weeks, but commonly from nine days to a fortnight. The first symptoms are like those of common catarrh, or a bad cold; a dull, heavy pain in the head, cough, with discharge from the nose and eyes, with frequent chills, followed or alternating with some fever. These symptoms continue and increase with more or less severity, for three or four days,

when the eruption begins to appear. Its effects may at first be seen in the throat and roof of the mouth, which shows a redness, with a pimpled appearance. The eruption first commences on the face and neck, and extends down over the breast and body, first in red pimples, these soon collecting in small, semi-lunar patches, leaving small spaces of smooth, natural skin. This appearance is one mark which distinguishes Measles from Scarlet Fever, in which disease the skin is wholly and equally covered with the redness or rash. The eruption in the measles continues to extend down until it reaches and covers the extremities. It then begins to recede from the face, and we say the Measles have turned; then should be taken physic, Epsom salts and magnesia. When the Measles take the simple, regular and most common course, very little medical treatment is required. The patient should be kept within doors, and in a room of equal warmth. Changes from heat to cold should be avoided. Light diaphoretic drafts of some opening tea, such as sage, catnip, or pennyroyal, may be proper; and if the eruption seems to be slow in coming out, a Dover's powder with the warm tea after it, and the feet kept warm, will be proper. If the cough is troublesome, some mucilaginous drink, gum arabic, slippery elm, or flaxseed tea, sweetened with honey, and given frequently, is good. If any other disease, inflammation of the lungs, or head, or fever of



any variety, supervenes, it must be treated as directed under those diseases.

P. S.

#### SEQUEL OF MEASLES.

*Case.*—R. D——, a young man, about eighteen years old, the son of a widow, was brought home to his mother, in the month of February, to die of consumption. He had been absent from home about a year, living with his uncle, fourteen miles from his mother. Ten months before his return to his mother he had the measles, and they left him with a cough, from taking cold probably. He was brought home on a bed, with a sled. I happened to be in the neighborhood, and was called in to see him. His mother told me she had no hopes of his recovery; his physicians had all pronounced him in the last stage of consumption; but she thought possibly something might be done to palliate the distressing symptoms, as he had much pain in his side, and coughed and raised dreadfully. He was in a feeble state, not able to sit up, much emaciated, with hectic fever, and profuse night sweats. I had no medicine for a cough with me, but observing a bundle of boneset (*eupatorium perfoliatum*) hanging up in the room, I directed them to make a strong tea of that, and add an equal part of best molasses or syrup, and give him a tablespoonful once in two hours through the day; directed him to take three corrective pills every other night, and gave him some antimonial ointment, and directed

him to rub it in over the chest and affected side, four or five times a day, until eruptions were brought out, and then continue it between the sores, once a day, rubbing in at each time a quantity of the size of a large pea. He was about five miles from my residence. I informed them I should be in the neighborhood in about a week, would have some medicine suitable for him, and would call and see him. I called accordingly in about a week, and found him very much improved. I left him no more medicine, and gave him no new directions, but told him to continue the treatment. In a few weeks he was able to be about in the neighborhood, and through the summer was well and able to do a good man's work.

P. S.

#### ROSEOLA.

This disease so strongly resembles Measles that it has frequently been mistaken for it. It generally comes on more suddenly, and is not attended with so strongly marked febrile and catarrhal symptoms; neither is it considered contagious, and generally makes its appearance when there are no Measles in the neighborhood, or at least is as likely to appear then as at any other time. The skin is not of so deep a red color, nor are the blotches so much raised above the natural surface of the skin as they are in Measles.

The treatment is of the most simple nature. Keep the patient warm in bed, give plenty of warm drinks,

and, when the redness has nearly disappeared, give a gentle cathartic. It will not continue more than two or three days, nor is it attended with any danger, if the least care is taken of the patient.

#### SMALL POX—(VARIOLA)

Is principally divided into distinct and confluent. In the distinct the pocks are separate from each other. In the confluent they unite or run together. Distinct small pox is comparatively a mild disease. It proceeds from specific contagion, derived from some one affected with the disease, and may be conveyed through the atmosphere, or by its adhesion to clothes it may be communicated to others. The poison generally remains in the system ten or twelve days, sometimes less and sometimes more, before it produces its effects. These are similar to common attacks of fever. First, shivering, soon followed by thirst, restlessness, anxiety, pain in the head, back, and joints; nausea is always felt, vomiting frequently occurs, and pain at the pit of the stomach. Children appear dull and sleepy, and sometimes have convulsive fits, which is not a dangerous symptom. On the third day from the commencement of the shivering the eruption takes place in small, red spots, like flea bites, commencing on the forehead and face, and extending in a day or two over the whole body, the legs and feet are the last affected. These red points,



in which the eruption first appears, on the second day become enlarged at the base, and feel hard to the touch. On the third day the pock appears with a depression in the middle, and containing a limpid or watery fluid. These pocks are now about the size of a small pea. On the sixth day from the commencement of the eruption the fluid in the pock becomes yellow, and is pus, like the matter of a sore. On the following day the pock breaks, and on the next day after the scabbing commences. The scabs fall off in six or seven days from their formation. This is the course of the distinct small pox. The fever abates when the eruption appears, but a secondary fever takes place when the pocks are ripened. The small pox becomes confluent in consequence of some depraved excitement or inflammatory state of the system. And it may become malignant or putrid, if the system is already imbued with malaria, or any of those causes which tend to produce malignant diseases. In the confluent form of small pox the fever is very severe. The symptoms which attend the distinct variety appear in a more intense degree. The eruption is much more profuse. The vesicles are filled with a brownish fluid, they never rise up distinctly, but run into each other. The face and head swells, the eyes are closed, the limbs swell, and in the malignant variety all the symptoms of putrid typhus fever exists. In the treatment of small pox we should be governed by the variety of fever which exists, and



treat it accordingly. The distinct form is not generally a dangerous disease. It must have its course, and pass through its natural stages. Keep the patient in a cool, well-ventilated room, give cooling drinks, such as effervescing drafts of soda and tartaric or citric acid, solution of cream of tartar, or lemonade, and occasionally twenty drops of spirits of nitre in some of the drinks. If any untoward symptoms, or inflammation of any particular part takes place, it must be treated on general principles. To prevent scars, or what is called pock break, the face must be covered, from the first commencement of the eruption, with a cloth wet with milk and water, a little tepid. If the patient is restless, or much feverish, give a Dover's powder. In the confluent kind, if the fever is typhoid, treat it as typhoid fever; if it is typhus, treat it as typhus fever, with quinine bitters and Dover's powder, as the symptoms require. Move the bowels, once in two days, with magnesia and salts, or magnesia and rhubarb. When one has been exposed to small pox, he should prepare for it by taking some cooling physic, and living on a mild milk and vegetable diet.

P. S.

#### MODIFIED SMALL POX.

This disease closely resembles small pox, and is confined to those who have been vaccinated. It is generally less severe. The treatment is the same as for the genuine small pox.

## COW POX.

This is a disease which affects cows, and is taken from the cow by persons when milking, if they happen to have any abrasion of the skin, crack, or sore upon the hands.

This is a good protection against small pox, if the operation is genuine. If where a person is vaccinated the resulting inflammation is extensive, with severe fever, and leaving a large, ugly-looking scar, it is spurious. If the scar is distinct, not very large, and small punctures, looking as if made with a pin, appear plain over the surface of the scar, it is a good sign that the vaccination was genuine. Persons who have such a scar may feel comparatively safe, but need not unnecessarily expose themselves to small pox.

Any person can vaccinate, first being perfectly certain that the matter is genuine. Know that it is from a healthy person, and know that it is what it purports to be, unmixed with itch, or any other disease of the skin. Moisten the inner part of the scab and put a little of this just under the skin, in three or four places, after making a puncture with a lancet, sharp pointed knife, or needle. Do not make the puncture so deep that the blood will run, or the matter may run out with it.

## CHICKEN POX—(VARICELLA).

Chicken pox is a light, eruptive disease, almost peculiar to children. It has some resemblance to small pox, in commencing with a fever, which continues from one to three days before the eruption appears. This generally comes out first on the breast and back, next on the face and scalp, and lastly on the extremities. It has been alleged that chicken pox can not be communicated by inoculation. But this is now conceded to be an error. Chicken pox differs from small pox in being a much milder disease. The pocks are distinct, irregular in shape and size. They are filled on the first day of their appearance with a clear fluid, attended with itching. On the second or third day the pocks break, crusts or scabs from which fall off about the fifth or sixth day, without leaving pits. Chicken pox seldom requires much medicine. Gentle, cooling laxatives, such as magnesia and salts, or magnesia and rhubarb, if the bowels are relaxed, and a mild vegetable diet, is commonly all that is necessary. Children are sometimes taken with convulsions at the time of the appearance of the eruption, which exceedingly alarms the friends. They are generally not dangerous. The warm bath, and an injection of catnip tea, remove them.

## WARM BATH.

Useful in all kinds of convulsions, spasms, and cramps, which are attended with, or dependent upon, any rigidity of any of the muscles. In obstructions of the bowels from inflammation, or from irritation of improper food, or from an improper quantity. In urinary obstructions, either from gravel or inflammation or irritation of the bladder, or the mucous membranes or its appendages. In strangulated hernia generally, and in female obstructions. Often useful in rheumatic affections, and in neuralgic pains.

P. S.

## NETTLE RASH — URTICARIA.

This is a very common, and often a very troublesome disease, though not generally dangerous to life. It appears in hard elevations of the skin, of irregular form, generally whiter in the centre than the surrounding skin, with a diffuse redness around their margins, and with an intolerable itching, and a stinging or smarting pain, like the stinging of nettles, which gives it its name.

No age is exempt from it, but it more frequently affects the young, and females. It is most common with irritable and nervous constitutions. It sometimes comes and goes several times in the course of a day. It becomes chronic with some, and exists for months, or even years. Many are subject to it all



their lives. It is probably always connected with disorder of the digestive organs, and in some constitutions is readily produced by some particular kind of food, such as some kinds of raw vegetables, or some kinds of fish, or any kind of unaccustomed diet. Patients affected with this disease should take particular pains to observe and ascertain what kind of food with them will excite the disease. It may be something owing to a particular idiosyncrasy, that ordinarily is a very harmless diet. In cases bad enough to need medicine — and there are many such cases — give the patient an emetic of ipecac, or ipecac and sulphate of zinc, followed by a cathartic of magnesia and rhubarb. After this give quinine bitters, in which the quinine is dissolved by adding a drachm of dilute sulphuric acid to a pint of the bitters. These are to be taken from three to five times a day. A laxative of rhubarb syrup, alterative powders, or corrective pills should be taken every other night. The body should be frequently washed and kept clean. Bathe often with salt and water, and with dilute nitric acid, an ounce to a quart of salt water occasionally.

P. S.

## CHAPTER XIII.

### SIGNS OF PREGNANCY.

WHEN conception has taken place in a woman the face usually is rather paler than natural, and the under part of the lower eyelid is of a hue darker than natural. Often the features become sharper, and the person thinner. She is often uncommonly irritable, more easily vexed and troubled. Sickness in the morning, some feverishness, indigestion, heartburn, and languor, disturbed sleep and disagreeable dreams often accompany the early stages of pregnancy; a sense of bearing down, some irritation about the urinary organs, and an uncommon flow of urine often exists. A condition of the navel affords strong indications of the pregnant state. The first two months the navel is drawn inwards and downwards; in the third month it is nearly natural; in the fourth it is not so hollow as natural; in the fifth and sixth it is almost level; in the latter part of the sixth and in the seventh it is quite level; in the last months of pregnancy it projects considerably. If these symptoms follow regularly, pregnancy is pretty certain. The cessation of the monthly periods, if the woman has been regular to the time of sexual connection, is also

a pretty certain sign of pregnancy. Such cessation may be occasioned by other causes; and on the other hand pregnancy does not always occasion immediate and abrupt cessation, but sometimes the monthly discharge takes place, once, twice, or three times, in diminished quantity. The breasts generally begin to enlarge about the end of the third month in pregnancy. If this is accompanied by a slightly painful and prickly sensation, with a sort of knotty feeling when the hand is pressed upon the breast, it is a presumptive sign of pregnancy. The nipple generally enlarges some when pregnancy takes place, and the areola around it, which is a circle of roseate hue, turns to a dusky brown color. This is especially obvious in the first pregnancy. The good ladies think that spitting cotton, as they call it, is a pretty sure sign of pregnancy, that is, a clammy, frothy spittle.

P. S.

## ABORTION.

Abortion, or miscarriage, may be divided into accidental and habitual. The exciting cause of the accidental may, in general, be easily detected. A slip and a fall, a blow, or a strain, a jump out of a carriage, violent exercise, as dancing, or hard walking, or riding in a jolting wagon, lifting, even a very light weight, when it is raised high as it can be reached, strong medicines, especially drastic purges, violent passions of grief, joy, or anger; in short any thing

that violently disturbs or agitates the system. Any of these causes produces its injurious effect, according to the susceptibility, irritability, or deficient constitutional vigor of the patient. Habitual abortion is that in which one abortion follows another. One abortion paves the way for another. When the period arrives at which a former abortion took place, a slight cause will induce another, and thus miscarriages are frequently repeated to the destruction of health, and the breaking up of the constitution. It requires great care and is very difficult to prevent abortions when they have become habitual. It may, nevertheless, often be done with proper care and management. Be careful to avoid all the exciting causes. Use constant, gentle exercise, but not to produce fatigue. Let the diet be principally vegetable, with such fruits as agree well with the stomach, with occasional light animal food if the stomach requires it. Keep the bowels loose with some cooling laxative, as magnesia effervescing drafts, or Seidlitz powders, if the arterial action is increased; and with rhubarb syrup, or olive oil and wine, a table-spoonful of equal parts shaken together, two or three times a day, if the action is diminished. If the appetite fails, or there is some degree of nausea, take infusion of quassia wood, columbo root, or chamomile flowers, before meals. Avoid strong physic. Bathe in the morning with salt water; first take chill off, then as cold as can be borne without producing permanent



chill. When abortion is threatened, it is very apt to go on to completion. When flowing exists, and regular pains are established, it is vain to try to stop the progress, but conduct the patient safely through to confinement. But when from strain or hurt, as from a jar or slip, a discharge takes place, the patient, by immediate and proper care, before regular pains are induced, may be relieved, and further danger arrested. Let her go to bed, apply wet cloths to the pubic regions, introduce alum water with a female syringe, take a Dover's powder, with two grains of sugar of lead, or four grains of alum, once in four hours; light physic next day.

#### DISEASES OF PREGNANCY.

Vomiting, called morning sickness, generally commences shortly after conception, and ceases on quickening. It is usually most troublesome on rising. Sometimes it is very violent, and continues all day, and every thing taken is rejected. This state of things requires attention. Keep the bowels open with corrective pills, magnesia and rhubarb, magnesia and salts, rhubarb syrup, or injections, according to the condition of the patient. Apply common liniment, or brandy and ginger, to the pit of the stomach. Give infusion of quassia, or chamomile flowers, three times a day before meals. Heartburn and acid eructations are relieved by taking half a tea-spoonful of carbonate of soda, after opening the bowels with

magnesia and rhubarb, or a wine-glassful of lime water in milk, as occasion may require. The bitter tea, as above, is beneficial. Spasms, or cramp of stomach and bowels, keep the bowels open, give ten drops of laudanum, with a half a tea-spoonful of ether; or of equal parts of laudanum, camphor spirits, tincture of cardamon seeds and tincture of cayenne; give forty or fifty drops in half a gill of sweetened water, or a weak brandy sling, once in thirty minutes, and apply friction over the part with common liniment, or warm fomentations with bitter herbs and smart-weed. Costiveness is very common, and should be carefully guarded against. Piles often occur; the bowels should be kept open with sulphur and cream of tartar. If very obstinate, use the piles ointment. Itching of the pudenda, use alterative wash, No. 1, or perhaps No. 3, and keep the bowels open with cooling laxatives. Swelled limbs and enlarged veins, bandage the limbs, wash with astringents, keep off from the feet as much as possible, keep the bowels open, exercise by riding in an easy carriage. Trouble about the urine, keep the bowels open, drink slippery elm and uva ursi tea.

#### SICK STOMACH IN PREGNANCY.

This is a distressing complaint, but it must be some satisfaction to know that it is not fatal, and will at least cease with its cause. It usually commences at about the fourth month, but sometimes at the begin-

ning of the second month. Take such food as you find by experience agrees best with your stomach. It generally does not make much difference, one article of diet will do as well as another, but sometimes some things can be eaten with impunity, while others can not. The stomach is sour, the eructations being sharp acid. Anti-acids are to be used; soda, weak lye, lime water, magnesia, may all be taken. Oyster shells, burned until they will slack, are pure lime; put enough of this lime into water to produce a brackish taste, and use this as a drink. No one anti-acid should be used long at a time; it is best to change from one to another as often as once a week. The last two or three months, flaxseed, or slippery elm, a wheat bran tea, or gum arabic water, should be used freely as a drink. It is beneficial in many ways, and will render your labor shorter and easier. I have sometimes known lemon juice to correct the acidity and relieve the sickness when anti-acids would not. When these simple means fail, take two grains of iodide of potassium three times per day before eating, and use concentrated nourishment, like animal soups. The concentrated beef, made by the Borden process, is an excellent article, and can be prepared in five minutes. Your appetite will generally direct what your diet should be. It is very seldom that what a woman craves under these circumstances will disagree with her, if taken in suitable quantities. Take all the exercise you can, and in the open air. Nothing



can be worse than to shut yourself up in a close room. Exercise, take the air, keep up good spirits.

#### PUERPERAL, OR CHILD-BED FEVER.

A great variety of opinions exist among the most skillful and celebrated medical writers on the nature and treatment of child-bed fever. This, in a great measure, no doubt, arises from the great variety of diseases called child-bed fever, and the great variety of causes which produce the disease. Disease or a tendency to disease is held at bay, and kept back by a state of pregnancy. After confinement, the disease manifests itself with a force according to the strength of the predisposing cause. Without a stronger predisposing cause, the natural tendency of the pregnant state is to produce an inflammatory diathesis, and after confinement, an exciting cause produces an inflammatory disease, which naturally seizes on a weakened part, and inflammation of the bowels, the peritoneum, the womb and its appendages takes place, and one kind of child-bed fever is produced. Another has been subjected to a stronger predisposing cause, malarious, infectious, or contagious, and a typhus form of fever is developed with strong determination to the recently debilitated parts, and another kind of child-bed fever exists. Let the treatment conform to the different variety of fever, according to the principles already laid down on the treatment of fevers.



I have often found, when great nausea prevails in the typhus variety, much benefit from an emetic of sulphate of zinc four grains, ipecac fifteen grains, stirred in half a teacupful of strong sage tea, with two drachms paregoric elixir and one drachm of sugar, repeated once in twenty minutes until free vomiting is produced, to be followed in three hours with a cathartic of rhubarb and magnesia. Quinine bitters and Dover's powder, as in other fevers, counter irritation, cupping, mustard plaster or liniments, according to circumstances. Common liniment, cloths wrung out of hot spirits, fomentations of hops or smartweed, liniment of two parts spirits of turpentine, and one of aqua ammonia.

P. S.

PHLEGMASIA DOLENS — SOMETIMES CALLED MILK LEG.

This disease is peculiar to women in child-bed, and generally makes its attack between the fifth and ninth days after confinement. In general, the first symptoms are pain and stiffness in the groin, accompanied with chills, soon followed by fever. The swelling, more or less rapidly, extends over the whole limbs and continues to increase till the limb is very much swelled and painful, and extremely tender to the touch. Although the skin has increased heat to the touch, yet it is pale to the sight and whiter than the well limb.

Writers differ very much in regard to the pathology and proximate cause of this disease. Most, however, consider its origin in the lymphatic glands, and

extending through the lymphatic system. Probably an engorgement exists there, in consequence of obstruction in the glands, preventing the free passage of the lymph to the thoracic duct. Some think that malaria is a partial or principal predisposing cause. Be this as it may, I have found that the far most successful treatment is that which most speedily cures an intermittent fever. In connexion with the appropriate local application to the limb, bleeding is recommended when the symptoms are highly inflammatory. I have not found it necessary in this climate. I begin with a saline cathartic; mix equal parts of epsom salts and magnesia; give two teaspoonfuls of the mixture in a little milk and water, once in two hours, until it operates freely; give a diaphoretic powder, after the operation; then give quinine bitters, once in three hours through the day, and a diaphoretic powder, with some sweating tea after it, once in four or six hours through the night. Physic should be given once in two days. A teaspoonful of magnesia, with thirty drops of tincture of colchicum, once in four hours, until it operates, sometimes answers a good purpose. My common liniment, with as much friction as can be borne, rubbing it in very gently with the hand, fifteen or twenty minutes at a time, four or five times a day. When the tenderness is mostly gone, use strong liniment. The recovery of the limb is generally slow; use much friction with liniment. Riding expedites the cure. Attend to the general

health. I have seen much evil arise from poultices and warm fomentations in the beginning of the disease.

P. S.

I have only to say, in this complaint, that the liniment, called Sedgwick's liniment in this work, was first made for a case of this complaint; it seemed to be just the thing. It operated like a charm. I have used it since in every case that I have seen, and with good result. I think it is better than the "common liniment." When the soreness is so far relieved that it can be borne without inconvenience, the leg should be carefully bandaged from the toes to the body every morning, and taken off at night, and the liniment applied with friction.

#### CASE OF NURSING SORE MOUTH.

Not long after Mrs. Ward's return home to Utica, well, Mrs. Butler, with Mr. Chamberlin, came to see me, and wished to learn of me how I treated Mrs. Ward, for Mrs. Chamberlin was in the same condition, and they thought the same treatment would cure her. I thought I would do as I would be done by. I, accordingly, wrote the treatment out minutely, and in a sealed letter, sent it by them to her attending physician, Dr. P——, a gentleman of the highest standing in the city of Utica. Some three or four months after this, I was in the city of Utica and called on Mrs. Butler, and inquired of her how Mrs. Cham-



berlin got along. (They both lived in one house.) "Oh, she is well," says she; "she got well pretty soon after we were at your house." "How came you to prescribe a mercurial course, or a course of calomel, for her? Doctor P. said, you did, and he thought a mercurial course would not do very well for her. We thought so, too, and so he prescribed his own way." "Do you know what he did for her?" said I. "Yes," says she, "I know something about it. I saw her every day, and saw all her medicine. He directed her to wean her babe, and gave her a kind of bitters, which appeared to me like your cascarilla bitters. He also directed her to drink pretty freely of an infusion of blue violet root. Mr. Butler went out in the country with Mr. Chamberlin to get the violet root for her. They got a great parcel of it. She thought it did her the most good of any thing. She said she could feel it do her good all the way down. You know she had a great deal of burning in her stomach. It relieved that entirely. He give light physic—some mild pills, I believe, and sometimes sulphur and cream-of-tartar, and ordered her to be washed with salt and water." "He followed my treatment, madam." Alas for human nature!

P. S.

My mother was troubled with nursing sore mouth, and I remember gathering the wild violet roots for her, many times, when a boy; she thought there was



nothing like it. It is simple, and very soothing to the mouth and throat. I have used, with success, iodide of potassium and chlorate of potassium. I do not know which is the best, but I have used the iodide most. Dissolve half an ounce, in half a pint of water, and take a tea-spoonful, three times a day, before meals; hold it in the mouth a minute or two before swallowing, and let it go down slowly. This, with plenty of strong beer, taken frequently during the day, until a quart or more is drunk each day, has never failed to give marked relief, and has generally effected a cure. It may, however, become necessary to wean the child; if the disease does not yield to remedies, the child must be weaned, or the lives of both will be put in jeopardy.

## SORE NIPPLES.

Young women should wash their nipples every day in a strong decoction of oak bark, or nut galls, for weeks before they are confined. If they do this thoroughly, they will not suffer from this painful affection. After they commence nursing, if the nipples are tender, they should be washed every time after nursing, wiped dry, and wet with the following: Take a tea-spoonful of borax and myrrh, mixed equal parts and pulverized; pour upon them a tea-cup, two-thirds full, of boiling water, sweeten with loaf sugar; let this remain on until you have to nurse the babe,

then wash it off. Persevere in this, and this trouble will soon cease.

ANOTHER CASE OF NURSING SORE MOUTH.

*Case of Mrs. Cynthia Ward, of Utica, New York, exemplifying the treatment of nursing sore mouth, and also the gentlemanly and honorable conduct of some of the upper class of city physicians.* I was residing in Westmoreland, Oneida county, New York. Mrs. S. Butler, the wife of a Methodist clergyman, now residing in Utica, previously lived in Westmoreland, near me, and was well acquainted with my practice. She advised Mrs. Ward to apply to me. Mrs. Ward had a little son, nine months old, that she was nursing. She had had sore mouth eighteen months. Her father, E. Benjamin, a blind man, lived in Westmoreland, about two miles from me. He came to me and said: "I want you to go and see my daughter, Cynthia; she is Mrs. Ward, from Utica, and has come home to die, I suppose." "Ah," says I, "how long has she been sick, and what is her disease?" "Oh," says he, "she has been sick eighteen months; she has the consumption, and is given up to die by four of the principal physicians of Utica. She is very weak, and can not sit up at all without fainting. She came on the canal, and was brought from the canal to my house by four men on a bier." I went to see her, rather reluctantly, as I had often been called to see patients in the last and incurable stage

of consumption. I dreaded it. But when I came to see her, it was not the consumption that I dreaded so much; but she was dreadfully reduced and debilitated with that kind of decline which proceeds from nursing sore mouth. Directed her to drink from half a pint to a pint a day of the infusion of that kind of wild violet, the root of which is mucilaginous, like comfrey *viola lucullata*, I believe root and top bruised together, and a handful put into a pint of cold water; take cascarilla bitters, two table-spoonfuls, three times a day, before meals; three corrective pills every other night, or a tea-spoonful of sulphur and cream of tartar when the piles troubled her. Wean the baby. Wet the body all over with a sponge, wet in warm salt water, then wipe with a coarse towel. Diet light, but nourishing, taken five times a day, every other time beef tea, or egg punch. She was well in eight weeks.

## CAKED, OR SWELLED BREAST.

This sometimes proceeds from taking cold, or from exposing the breast to the air, but more frequently from neglecting to draw the breasts clean of milk. At least once each day the breasts should be thoroughly pumped with a breast pump, if the child does not take all the milk, and it will not do so for the first few weeks, if the mother is healthy. When a lump is felt, whether there is pain or not, it should be attended to at once. If it proceeds from a cold, and



there is fever, a dose of salts and magnesia should be administered, a tea-spoonful of each, once in two hours until it operates; a cloth, several thicknesses, wet in spirits of camphor and water, should be applied warm to the lump or swelling. If this does not succeed within twenty-four hours, take muriate of ammonia, one ounce, hot water, one pint; when the ammonia is dissolved, add one quart of vinegar, make it all scalding hot, then stir in wheat bran until all is as thick as hasty pudding; take enough of this to cover the swelled part, put it between cloths, and apply it warm; change as often as it becomes dry, and each time have the poultice warm and moist; if it irritates the skin, make it weaker by adding water and more bran, scalding each time. Be sure and keep the milk out. If you do this in season, you will not have the pain and trouble of a broken breast; but if matter does form in spite of all you can do, it should be lanced as soon as possible; this will save you many days of pain. Next to this poultice, camphorated oil, applied upon oil silk, is the best thing.

#### SPINAL AFFECTION.

There is such a disease as Spinal Disease, in which the vertebræ, or joints of the backbone, become carious, or ulcerated. This is a terrible disease, and the sufferer is wholly unable to stand upon his feet, or turn himself in bed; but fortunately it very seldom



occurs, and belongs to the most advanced and skillful surgery. I do not propose to treat of it here. The spinal marrow is a prolongation of the brain, the central part of the nervous system. Branches of nerves from these central parts are ramified throughout the system, and in minute divisions pervade every part. Wherever there is diseased action, producing painful or unhealthy sensations, these are communicated by the nerves to the centre of the nervous system. Diseases, therefore, that come under the observation of practitioners not skilled in "rendering a reason," are Spinal Diseases. Hence the great prevalence of such diseases at this day.

We have mentioned a case called Spinal Disease from sciatic rheumatism. Many similar cases have occurred to the writer. Chronic rheumatism in almost any part of the body, and lumbago especially, is sure to be called disease of the spine. Many cases of disease of the general health, of liver complaint, diseased or enlarged spleen, dyspepsia, and every kind of female weakness, are pronounced Spinal Diseases. Chlorosis, leucorrhœa, amenorrhœa, and especially prolapsus uteri, are frequently styled Spinal Diseases. And many cases of the latter complaint have come under the observation of the writer, which had been cauterized with the most powerful caustics, almost the whole length of the backbone, producing large and deep-seated ulcers, very painful and irritating to the nervous system, thereby producing debility, dis-

heartening discouragement, and entirely destroying that "merry heart which doeth good like a medicine." Such cases have been restored to comfortable health, by restoring the general health, and applying the proper remedies for the specific complaint, which are exemplified in the following cases of female diseases and prolapsus uteri. P. S.

#### PROLAPSUS UTERI.

*Case 1st.* — S. W——, a delicate, modest, and rather reserved young lady, twenty-four years of age, came with her mother into our village on a visit. The first night after her arrival she was taken with strong, convulsive fits, and I was called to her in the middle of the night. Her mother informed me that she had been in feeble health for ten years; that they had employed many physicians at a cost of five or six hundred dollars, and that she still remained about the same. She was subject to such fits whenever she rode out any distance, or whenever she went about much. She was a neat seamstress, and her business was to sit and sew. I gave her a teaspoonful of sulphuric ether, with thirty drops of laudanum, in half a gill of sweetened water, ordered warm applications to her feet and left her. I went home pondering what could be the cause and the nature of her condition. I thought of prolapsus uteri, and resolved to see her the next morning. I visited her about ten, A.M.; the anodyne had quieted her, and she had

slept until late, and I found her in bed. Calling her mother out, I inquired of her if her daughter was not troubled with bearing down. She said she did not know any thing about it; her daughter never complained to her of any thing of the kind. She is regular in her monthlies, as to time, but is very bad, and has a great deal of pain. "Well," I said, "you go in and dress her. I will come into the room, and let her get up and walk a few steps in my presence." She did so, and I thought I could detect a little flinching when she stepped upon the floor and at every step, and she sat down in the chair, as if it was a relief to get there. I then told her mother to let her lie down, and I would go in and have a talk with her, if she thought best. She assented; I went in, sat down by her bed, spoke kindly, told her that I professed to be a friend to my patients, and was desirous to benefit them all I could. I understand you have been afflicted with poor health for a long time. This must be a great cause of unhappiness to one at your time of life. I sympathize with you sincerely, and would be very happy to relieve you. I then went on to say, "I suspect you have some delicate complaint which you have kept to yourself." She began to fidget a little and to turn her face from me. "Do not, my dear girl," I said, be afraid to let your condition be known. I am your friend. I am used to such cases. I have relieved many, and probably can relieve you. I think you are troubled with



bearing down." She placed the handkerchief to her eyes and cried like a child. I assured her the best I could, told her the complaint made her wretched. It would not, like some diseases, get well of itself: but I could cure it. She must lay aside her delicacy for the present, tell me all about it, and I would treat her kindly and in a friendly manner, and probably cure her. She soon became composed, and frankly told me how she was, and how it was caused. When she was fourteen years old she was crushed down with a turn-up bedstead, which fell on her as she was stooping down under where it fell. Ever after she had been troubled with that terrible distress, and she had had many physicians, who prescribed something to quiet the nerves and to relieve her paroxysms of convulsions; yet, on the whole, she had grown constantly worse, and no one, not even her mother, had any idea of the cause. My wife had considerable sewing to do, and as her father was not very well off, and as she could sew, and that was all she could do, I invited her to come to my house, and I would take care of her. Her parents approved the plan, and she came. I found the prolapsus very bad. [If the reader desires to understand perfectly the nature and extent of this distressing complaint, they should understand the anatomy of those organs. [The uterus was quite down, entirely out of its proper place, and the parts so sore and tender that they could not be touched without much pain. I used a wash, with a



female syringe, composed of sugar of lead one drachm, laudanum half an ounce, and soft water one pint, for a week, twice a day, before the prolapsed part could be raised at all. After this, the wash was continued and the part was raised a little, more and more every day. In about a week longer, it was raised nearly to the natural position. Then a piece of soft sponge, which, when expanded and cut in a globular form, was about two and a half inches in diameter, with a cord attached to it, strong enough to pull the sponge away when necessary, (the cord should be long enough to pass from the sponge to the outside double, the ends tied together within the sponge, so that the knot would not be outside the sponge to irritate the parts), and while there was much soreness, wet with the lead water and oiled over with sweet oil, was carefully crowded up into the vagina before she arose in the morning, by pushing, first, one side, then the other, all around the sponge until it was in its place. Then a bandage was applied, with a pad in front, just above and close down to the pubis, on front bone, and a compress made by rolling a piece of cloth tight, so that it would make a roll two inches long and an inch and a quarter or an inch and a half in diameter, and placed it in the lower part of the body, just forward of the lower part of the back bone, and the part of the bandage which was four inches wide, drawn tightly over this compress and pinned to the bandage, which goes around the body. This makes

constant pressure where it serves to hold the sponge in its place. The sponge is taken away at night, on going to bed, washed clean, and replaced in the morning before rising.

I am aware that many men of deservedly high standing in the profession, object strongly to the sponge pessary, principally because by absorbing the animal fluids it becomes offensive and irritating; and indeed this objection is valid, if it be allowed to remain long without cleansing. I have tried every kind of pessary that has been invented or recommended, and have not been able to succeed near as well with any other internal local support as with the sponge, which should be of the finest kind, and should be worn while the patient is up, and should be taken away and cleansed when she lies down. When the sponge is removed some wash should be used with the female syringe. Use the solution of sugar of lead while much soreness exists, as above recommended. When the soreness is removed, or nearly so, use an astringent wash, alum, one drachm to a pint of soft water, or alum and white vitriol, of each half a drachm to the same quantity of water. Then change to some kind of vegetable astringent; an infusion of oak bark, or nut galls, may be used for a week, and so change from one kind to the other as may seem advisable. If there should be any kind of ulceration, as occasionally happens in cases of long standing, use, once or twice a week, an alterative

wash, say two grains of blue vitriol, or half a grain of corrosive sublimate, to an ounce of soft water, according to circumstances. If there should exist disease of the general health, leucorrhœa, or any thing else wrong in the system, it should be treated in addition according to the directions under those heads. In the case to which these directions are subjoined, costiveness and a weak stomach existed. Corrective pills and cascarilla bitters were used. She improved rapidly, was married the fall after to a likely young man, and has since raised a family of fine children. She is a good housewife, and the family is a happy one.

P. S.

## DELICACY.

Father has remarked, in the case just related, that he told this young lady that she "must lay aside her delicacy at present." This is a wrong idea; he meant false delicacy. There can never be a time when it is necessary for a lady to lay aside true delicacy, and a genuine lady never will. When a lady has any disease about her, it is a false delicacy that prevents her from truthfully revealing the whole facts in the case, to any physician who is a true gentleman. There is no cause for nervousness, or even a blush, unless, indeed, the disease has been brought upon her by some wickedness of her own. If she is innocent of any sin, let her select for her physician a scientific man, who has also a reputation for modest and gentle-



manly bearing, place in him the most implicit confidence, and she can, without a blush, or even thinking she is committing an indelicate act, unfold to him all her troubles, and expose to him any part of her person necessary for a full knowledge of her disease. If she does this calmly, without nervousness, or unnecessary hesitation, he will regard and treat her as a perfect lady. This is my experience. The sick room is a good place to distinguish a true lady from a false one, genuine delicacy from the counterfeit, kindness and benevolence from selfishness and laziness. A physician who is a true gentleman, will never unnecessarily expose the person of a lady, or ask her an unnecessary question. Be sure your physician is a gentleman, and you need never blush or hesitate to answer any question he may ask you plainly and truthfully. If you have any secrets, and they are revealed to him professionally, they are safe in his keeping; he is your friend, place confidence in him, your life or health depend upon telling him the truth. It is false not true delicacy that hesitates and keep back the truth.

#### MENORRHAGIA, OR HÆMORRHAGE FROM THE UTERUS.

For immoderate flow of the menses, or when it continues too long, I frequently give sugar of lead, two grains, with four grains of Dover's powder, once in four hours, until the discharge ceases, then give physic composed of magnesia and salts. If the discharge is



unyielding and persistent, use the female syringe, with alum water, a drachm to the half pint, introducing an ounce or two at a time, as often as the occasion may require. In case of rapid discharge, giving immediate danger to the patient, take a smooth lump of alum, nearly or quite as large as a hen's egg, wet a thin piece of cloth large enough to wrap the alum and tie it in, and leave six inches below the alum to take hold of when it is to be drawn away. This serves as a tampon, and an astringent; a clot is formed above the alum, and the hæmorrhage ceases. The next day the alum may be carefully taken away. If a little hæmorrhage appears, the syringe, with the alum water, may be used; if the blood gushes as before, the alum must be replaced. All such cases require attention to the general health, which must be attended to on principles already laid down.

P. S.

#### DYSMENORRHŒA — PAINFUL MENSTRUATION.

This is a frequent complaint among females, and in many it produces extreme suffering. For treatment, attend to the general health on principles already laid down. During the pain keep the feet warm, give a Dover's powder well charged with camphor, and followed by some warm, sweating drink, every four hours, until the pain is relieved. For ten days previous to the menstrual period, give a tea-spoonful of Dewee's tincture, in half a gill of milk, three

times a day, an hour after meals. Keep the bowels right with corrective pills. Give tone to the stomach with cascarilla bitters, and to the system, by frequent bathing with salt water, and by pleasant exercise.

P. S.

AMENORRHŒA — OBSTRUCTION OF THE MENSES.

A very common disease among females. It is occasioned by any thing that diseases, or deranges the general health. The most frequent cause is a cold, especially if taken during menstruation. It should be treated by regulating the general health, and by employing those milder emmenagogues, which are proper for such a condition. My very common and generally successful prescription is : corrective pills, every other night, enough to move the bowels in the course of the next day ; two table-spoonfuls of cascarilla bitters, three times a day, before meals, and a tea-spoonful of Dewee's Tincture, three times a day, an hour after meals, in half a gill of milk, for the ten days previous to each menstrual period ; agreeable and pleasant exercise, as much as can be borne without fatigue ; frequent bathing with salt water, and wiping with coarse towels, so as to produce considerable friction. Let the feet be kept dry and warm. If they are much inclined to coldness they should be bathed often, and with considerable time at each bath, in some warm, stimulating wash, such as mustard and salt, or what is much better, especially when torpor

of the liver exists, in the nitro-muriatic solution, a tea-spoonful in a pint of soft water.

N. B. — One ounce of nitric acid, with one ounce of muriatic acid, and two ounces of water makes the nitro-muriatic solution. A drachm of this solution, to a pint of water, is the common strength for a foot bath. The feet and legs should be wet either by immersing them in it, or by applying with a sponge or cloths, for fifteen or twenty minutes. It should then produce a slight prickly sensation. If the bath does not produce this effect, it should be made a little stronger, by adding a little more of the solution to the water. This bath is often very serviceable in any case of torpid secretions, especially of the liver. It should not be put in metallic vessels, but kept in earthen, glass, or wood. P. S.

#### LEUCORRHOEA — FLUOR ALBUS — THE WHITES.

This disease proceeds from various causes, and is very common in females, perhaps more frequent among those that live in humid situations, and those, also, who indulge largely in hot drinks, as tea or coffee, or any other thing that tends to relax the system.

For the general treatment see disease of the general health; and take tincture of cantharides, begin with twenty drops, and increase one drop every dose, taking it three times a day, half an hour after meals, until it produces a little strangury, that is, a little

gripping in the urine, then begin back with twenty drops and increase, as before, one drop at a dose, until it again produces the gripping. This do three times, then give pills made of nitrate of silver. Dissolve four grains of the nitrate in a tea-spoonful of soft water, and with crumbs of dry bread, enough to absorb the solution and make a mass for pills; make sixty-four; Give one three times a day, an hour after meals. In the meantime, keep the bowels right with corrective pills, and the stomach in tone with cascarrilla bitters. After following the above treatment a few weeks, I change the medicine for a week or so, and use turpentine pills. Take Venice turpentine and Castile soap, of each an equal part; rub them together in a mortar, then thicken them to the consistence of a pilling mass, with liquorice powder. Make pills of the common size, or a little larger. Give a pill, every hour or two through the day, for a week, then recur again to the other medicines.

P. S.



## CHAPTER XIV.

### BETWEEN MOTHER AND CHILD.

WHEN a child is born the umbilical cord should be cut as soon as the child breathes, or as soon as the circulation between the mother and child is suspended, which may be known by the cessation of pulsation in the cord. A stout, sharp twine, made by doubling several threads of sewing cotton and twisting them hard, should then be tied around the cord, about one and a half inches from the body of the child; this twine should be drawn very tightly, then another ligature should be tied about the cord, two or three inches above the first; then with a sharp pair of shears cut the cord, one inch above the first ligature. The last ligature is to prevent bleeding from the mother. If you are not ready to dress the child, wrap it in warm woolens and put it where it will keep warm. But it should be dressed just as soon as a hand can be spared from taking care of the mother. Every woman should know how to do this, for she does not know how soon she may be called upon to perform this service. First examine every part of the child carefully to see if it is perfect; then if it is covered or has spots of a gelatinous, sticky

substance, cover it with sweet oil or lard, or any other grease you happen to have in the house; then wash it perfectly clean with a woolen rag, or sponge, (if it is dirty a woolen rag is best), wet in a suds made of Castile soap and soft water. As soon as it is washed put on the diaper; now have a piece of linen, soft and fine, about four inches square, two double, cut a hole through this large enough to receive the umbilical cord, grease the under side of the rag for about an inch around the hole with tallow or sweet oil, now pull the cord through the hole, having the greased side come next to the belly; now wrap one thickness of the lower part of the linen cloth around the cord so as to completely envelop it, turn it up and lay it down on the bowels, with the end towards the child's head, now put the band around and draw it just tight enough to hold the cord in place; put on the balance of the clothes, and put the child in a warm place.

#### TREATMENT OF CHILDREN.

In the providence of God, when he provided for multiplying and replenishing the earth, he provided the natural nourishment for children, and the mother will be provided with it just as soon as it is necessary for the child. To suppose any thing else is to suppose that our Creator did not understand his business. Many women and nurses, and some doctors, think it necessary to add to the plan of the Almighty, and

consequently they feed a young child while waiting for the mother's "milk to come." Oil, chamber-lye and molasses, milk, water and sugar, catnip tea, etc., etc., are all wrong. You may put a tea-spoonful of water into its mouth, but nothing else, no matter how hungry, it will not starve; wait, wait and let it take its first food from its mother, if she can ever nurse it. If you want the child to have sore mouth, canker, etc., give the above-mentioned remedies; if you want it well and healthy, follow the provision of Providence and give nothing. When the child is washed and dressed, if it is put where it will be kept warm it will keep quiet until its mother can nurse it. If the child can not nurse, and it is necessary to bring it up with the bottle, it is far better to wait twelve to twenty-four hours before feeding it than to feed it immediately. If it must have cow's milk, let it be from a cow that has lately come in if possible; but sweet cream, one part, water, four parts, and loaf sugar, one part, is nearer what its mother could give it than cow's milk.

#### POSITION OF CHILDREN IN SLEEP.

It is of no small importance that children should sleep in the proper position. They should seldom be permitted to sleep on their backs. The fluids secreted by the mouth and throat are apt to find their way into the air passages, thus impeding breathing and arousing the child by a violent fit of coughing. The

bones of a young child's head are very yielding and compressible, especially the bone forming the back part of the head. This bone is liable to be pushed in upon the brain by the weight of the head, if continued any length of time, by the child laying upon it. This not only causes the head to grow in an improper shape, but sometimes produces disease by unnatural pressure upon the brain. In children having large heads fatal disease has often been produced in this way. For three or four months after birth the position on the side should be preferred during sleep, changing sides often. A child's head can be made to grow in almost any shape you please, by observing position, and by pressure made with the hands. I do not say that a born idiot can be changed by this mean into an intelligent child, but that children's heads are often permanently deformed by neglecting proper attention, in this respect, during the first few months of their lives.

#### DISEASES OF CHILDREN.

It has been said by those who have paid attention to these things, that, in large towns, at least four out of five children born die before attaining the age of five years; most of these die, either when teething, or from cholera infantum. The last is treated of in another place.



## TEETHING.

If children were properly cared for, while teething, very few would die. Many mothers do not know how, and others have so many to care for, that they can not give them the attention they otherwise would, and which is absolutely necessary for their health and comfort. The miserable fashion of dressing children is the cause of the premature death of thousands of innocents. "Keep the head cool and the feet warm," is an old adage, and, if you would have healthy children, you must put it in practice. To take children out in cold weather, when grown persons need thick woollens and furs to make themselves comfortable, with only one thickness of thin gauze over their legs, is nothing more or less than child-murder; yet thousands do it; it is fashionable, and they do not stop to count the cost, or, perhaps, even think they are endangering their lives. Croup, inflammation of the lungs, dropsy of the brain, and death is the result.

Why swelled and irritated gums should produce torpor of the liver, sickness at the stomach, diarrhœa, congestion of the brain, etc., is perhaps not fully known; that such are frequently the consequences of cutting teeth, is nevertheless a truth. Those who remember cutting their "wisdom teeth" can realize something of the suffering of children, who are often called cross, because they fret and cry when, if a grown person suffered as they do, it would generally be fully as

uncomfortable living with them. I believe well children are never fretful or cross, and that they never cry unless there is some good reason for it.

Some children commence cutting teeth very early, say when one month old ; but not generally until from four to eight months of age. When their gums feel bad, they will show a disposition to bite any hard substance that they can get hold of. They should be provided with a silver dollar, or an india-rubber ring for this purpose. Their gums should be examined and rubbed with the finger ; if they are red, hard and swollen, they should be cut, every three or four days, down to the jawbone, with a sharp, pointed penknife. Take the blade of the knife between the thumb and finger, covering it completely, except about one-fourth of an inch of the end, to prevent cutting the lips ; hold the mouth open, plunge the knife boldly down to the bone, and make an incision as long as the swollen gum. It does not hurt, but feels good ; I have done it many times, when, just as soon as I commenced cutting, the child would lie perfectly quiet and look up in my face and laugh. If the stomach and bowels are out of order, attend to them at once ; do not wait a day for them to get well of themselves. Mild treatment, administered now, may save a long sickness and many hours of anxious care. If the discharges from the bowels are light-colored, it shows that there is want of action on the part of the liver ; if they are dark, it shows an unhealthy action ; if

they are slimy and streaked with blood, it shows that there is irritation of the bowels, with griping pains. Put a mustard plaster over the liver every night; keep it on until it looks red, but do not let it blister; give paregoric and soda, if the bowels are too loose, or if the discharges are slimy. Put a table-spoonful of soda into two ounces of paregoric, and give from ten drops to one or two tea-spoonfuls of this, in a little sweetened water, once, twice, three, four, or more times per day, or as often as necessary to keep the bowels right. The stomach is generally sour; the soda arrests this, and the paregoric quiets the system. If the tongue is coated and the child is feverish, give a tea-spoonful of quinine bitters, once in two hours, in the day time, until relieved. Let the child be wet all over, every morning, with salt and water, or saleratus and water, or spirits and water, and rubbed dry with a coarse towel. Keep the feet warm and the head cool. If the discharges from the bowels do not become natural, in the course of three or four days, take morphine one grain, calomel three grains, Turkey rhubarb twenty-four grains; mix and divide into twelve powders, and give one in a little moist sugar every night. If the bowels should not be open enough, after giving the medicine two or three days, give rhubarb syrup in small doses, morning and evening, until they are right.

## EARACHE.

Children (and frequently infants before they can talk) are often afflicted with pain in the ear. It is caused by a cold. They will cry terribly, you examine their clothing to see if a pin pricks them; (by the way, children's clothes should have no pins in them, then you would know that they were not crying from that cause; buttons and tape are fully as cheap as pins, and there is no necessary article of a child's wardrobe that can not better be buttoned or tied than toggled up with pins); they will toss their head, and, if you watch closely, you will see that they frequently put their hands to the ear. Warm tobacco smoke, blown from a pipe stem, will frequently relieve them. Warm a little paregoric, take an equal quantity of water, pour this into the ear and stop it with cotton, or drop a few drops of laudanum on to a bit of cotton, previously moistened with sweet oil, and put that into the ear; keep that side of the head warm. If the pain continues any length of time, matter will form, and after a while it will break and run. If this takes place, the child will be liable to a return of the complaint every time it takes cold. To prevent this, antimonial ointment should be rubbed over a place as large as a silver twenty-five cent piece, immediately back of and below the ear until it produces several pimples. Enough should be applied to keep up the irritation for several weeks,



until the tendency to gather is removed. If this is applied soon enough, after you become satisfied that the child is troubled with earache, no matter will be formed.

#### SORES BEHIND THE EARS.

In warm weather children are sometimes troubled with sores behind the ears. This comes from not being kept washed as clean and as often as they should be. Wash them twice each day with Castile soap and soft water, and apply the astringents as for chafes.

#### CONVULSIONS.

It is no uncommon thing for children to be troubled with fits. Any thing that produces irritation of the stomach is liable to have that effect. It is very common if a child has fever for it to have fits when the fever is on. They are frequently caused by eating something that will not digest. I once saw a child have them most violently, and when I inquired what had been eaten to produce them, his mother said, "nothing that she knew of." I administered an emetic as soon as possible, the child vomited up a large quantity of strawberry hulls, and was soon well. Worms in the stomach are also a frequent cause. The first thing to do when a child has fits is to equalize the circulation. To do this, put its feet, or even the whole body, except the head, into warm water, and

put cold cloths on the head, rub the hands and arms in warm spirits. Just as soon as the child can swallow give a little stimulant. If you think the probability is that they are caused by something eaten, give an emetic, the same as prescribed for scarlet fever. After this has operated, give a little paregoric and soda, or some other light anodyne. If it is the result of fever, give immediately some light physic, rhubarb syrup, or rhubarb and magnesia, or castor oil; dose according to age, and given once in two hours, until it operates; then give an anodyne. If by worms, give what is prescribed for worms.

#### DIARRHŒA OF CHILDREN.

This disease is often caused by the irritation of teething, in which case it should be treated as directed there. But it is more often caused by imperfect diet, or overloading the stomach. Frequently the food sours and ferments and passes off in the form of a violent diarrhœa, much of the food in an indigested state. This is easily cured by one dose or more of paregoric and soda, or paregoric and prepared chalk; either will correct the acidity of the stomach, and the anodyne will quiet the excited action of the stomach and bowels. It is needless for any family to buy any of the hundreds of patent medicines now extant, and it is one of the objects of this work to make such purchases wholly unnecessary. Godfrey's Cordial, Bate-man's Drops, the various balsams, panaceas, cordials,

soothing syrups, teething syrups, etc., etc., that are sold and so highly recommended, if they are good for any thing, are composed of opium in some form, and some anti-acids. Nothing ever has been, or perhaps ever will be, compounded that will excel paregoric. It is composed of opium, camphor, anise, liquorice, honey, or syrup, and bezoin. These make a perfect anodyne and anti-wind medicine for children. It only lacks some anti-acid to neutralize any acidity in the stomach, and it is perfect in its action. It will never fail to give as perfect satisfaction as any of the nostrums mentioned, with the following advantages: You know just what you are using, just what its effects ought to be, and when it is proper to use it. If the child's stomach is sour, you can give it with some alkali, soda, saleratus, prepared chalk, weak ley, or magnesia. It will not cost one-quarter what it will to buy those medicines used in its place, prepared only for the purpose of making money. Children should never be fed on any anodyne for the purpose of keeping them quiet, to save care. They should never take an anodyne, unless they are in actual pain, and then only enough to quiet the pain, and only repeated when absolutely necessary. The practice of feeding them daily can not be too severely reprobated. They will grow up (if they live through it) weak, nervous, cadaverous-looking specimens of suffering humanity, of no comfort to themselves or any body about them.

If a child should be taken with diarrhœa, attended with pain and dark-colored, bilious discharges, they should not be checked immediately with anodynes and astringents, but the patient should first be physicked with some mild laxative, either rhubarb syrup, or rhubarb and magnesia, mixed together in equal parts, the mixture to be given in doses of from one to two tea-spoonfuls, according to age; from one to five years, once in four hours till it operates; then give a proper dose of the paregoric and soda, or prepared chalk; if the diarrhœa continues, repeat this every day until the discharges assume a natural color; if the tongue is coated with a brown or yellow coat, commence immediately, and give a child, one year old, a teaspoonful; five years old, two tea-spoonfuls; twelve years old, a table-spoonful of quinine bitters, once in two hours, until the tongue is clean and the fever has ceased, giving, in the meantime, sufficient anodyne to keep the pain down.

The diet should be light, but nourishing.

#### DYSENTERY OF CHILDREN.

This is generally the result of neglected or wrongly-treated diarrhœa, or it may be caused by a sudden cold or eating something that irritates the stomach and bowels. It is nothing more or less than inflammation of the mucous membrane, which lines the intestines. The treatment should be prompt and



energetic. It may be distinguished from diarrhœa by the discharges being slimy, streaked with blood ; the presence in the discharges of small, hard lumps, covered with slime, severe pain at every stool, and nearly constant *tenesmus*, a feeling as though the bowels must move, but when the attempt is made, frequently no discharge, except, perhaps, a few drops of slime. If the disease is caused by over-eating of some indigestible food, it will often be cured by a full dose of paregoric, followed by a dose of Epsom salts and magnesia, mixed in equal parts by bulk, and given (if to a child from one to three years old) a tea-spoonful once in two hours, until it operates, then give another dose of paregoric and soda, or prepared chalk.

But if the disease is a "misplaced intermittent," *i. e.*, comes in place of a regular fever, and commences like a fever, with cold and heat, aching bones and coated tongue, you should commence immediately, as in bilious diarrhœa, to give the quinine bitters, once in two hours; dose according to age, same as diarrhœa, and, with every dose, give, for a child one year old, two drops of laudanum ; two years old, three drops ; three years old, three drops, or enough to keep the pain quiet, unless it affects the head so much as to render the child senseless, in which case the quantity should be reduced ; but give some every dose. Every other day, give Epsom salts and magnesia, equal parts by bulk, mixed, a tea-spoonful of the mixture, once in

two hours, for a child one year old ; two tea-spoonfuls for a child two years old, until it operates freely. If the pain is severe every time the bowels move, give immediately an injection of water, cool, but neither warm nor very cold. If the laudanum given with the bitters does not produce the effect of relieving the pain, give, once in four hours immediately after stool, an injection of two ounces of slippery elm tea, or thin starch-water, with from five to fifteen drops of laudanum, according to age and violence of the pain ; twice each day, bathe the bowels and back with Sedgwick's liniment, and every morning wash the patient all over with saleratus water, or spirits and water. Be very particular to keep the feet warm and the head cool ; if necessary, in order to keep the feet warm, put on drafts ; watch the head closely, and if it is more than naturally hot, keep cloths on it, wrung as dry as possible from ice-water, the object being to keep the head cool, not wet.

Put a mustard plaster over the region of the liver every night, but be very careful not to let it blister. The only danger in this disease when improperly treated is, that it will be translated to the brain. Watch carefully ; do not sleep at your post ; if there is scantiness of urine, give from ten to thirty drops of sweet spirits of nitre, every four hours, until that symptom is relieved.

In all my practice, I never lost a patient with this disease, either young or old, and this has been my

treatment. I think I have a right to speak with authority. Giving calomel or mercury, in any form, is like putting coals of fire upon raw flesh; in this complaint, the lining of the bowels is completely raw, and calomel, coming in contact with it, produces ulcers, and if they eat through the intestines death is certain; yet this dreadful remedy is still used in this disease by noted members of the medical faculty, who treat their patients scientifically, according to the books, live or die. If the people could be educated, just a little, upon the so-called science of medicine, such a course of treatment would be impossible.

With every dose of the bitters some nourishment should be given; animal teas are the best, generally, but bread, coffee, corn starch, etc., may be given. Tea, made of lean beef and mutton, is the best; not a particle of grease should be given. Toast a slice of bread nicely (not burn it), put it into a pint bowl, put in two table-spoonfuls of loaf sugar, five table-spoonfuls of milk, fill the bowl with boiling water, cover it closely and let it cool; give about a table-spoonful of this with each dose of bitters, or put a table-spoonful of corn meal into a quart of boiling water, stir it well, skim it thoroughly, and let it boil steadily, one hour, not a minute less (meal can not be cooked in less than an hour); if it boils down to less than half a pint add more water, so that there shall be at least half a pint when done; this may be



given for a change, with the beef and mutton tea and the bread-water, or then corn-starch gruel, well cooked.

#### DIPHTHERIA.

We believe that this disease is caused by precisely the same cause as scarlet fever, in fact that they are only different manifestations of the same disease. I have frequently, since Diphtheria made its appearance, seen in the same family, and at the same time, children in whom Diphtheria was the prominent disease, membranes plainly formed in the throat, with the scarlet rash lightly developed; and others with the rash covering the whole body, the fever raging, and the diphtheria membrane lightly developed in the throat. The same treatment was used in all with the same result. If there are ulcers in the throat, covered with a white membrane, the disease is called Diphtheria. The throat is more or less swollen, according to the violence of the disease. The emetic of blue vitriol and ipecac, prescribed for scarlet fever, will, if it operates rightly, bring up quantities of the same sort of mucous slime, and all the violent symptoms are immediately relieved. The throat should from the first be gargled or washed with a swab, from one to ten or twelve times daily, with the gargle recommended for scarlet fever, and the quinine bitters *must* be given from the start. The system is more thoroughly charged with blood-poison than it is



in simple scarlet fever, and it needs bracing up and strengthening from the first. Beef tea, or some other nourishment, should be given after each dose of biters. Follow this course and there is no danger, unless croup takes hold, which can be known by the peculiar harsh, grating sound of the breathing. In this case follow the directions for croup, hope for the best, but prepare for the worst, it will be very likely to come. But if the case is taken in season, there is very little danger of croup.

CROUP—(CYNANCHE TRACHEALIS, OR TRACHITIS).

The croup is always to be considered a very dangerous affection. For the sake of accuracy in description and treatment, we designate three species, Phlegmy Croup, Membranous Croup, and Spasmodic Croup. The Phlegmy Croup is the effect of a common, pulmonary catarrh, or a common cold, and from the onset of the disease there is a cough, attended with a very copious and tenacious phlegm, secreted in the upper part of the breath-pipe. This viscid fluid sometimes increases rapidly, and the air passages being obstructed, the little patient is strangled to death. This phlegmy croup is generally cured if managed rightly. I have often seen the patient resuscitated, the phlegm removed, and its life saved, after it was thought to be dead. Emetics are indispensable. I use generally what I call elixir of ipecac, made as follows: Ipecac one drachm, bicarbonate of soda

half a drachm, boiling water one gill, a table-spoonful of molasses, and half an ounce of paregoric. For a child two years old and under, give a tea-spoonful once in ten minutes until it vomits. Put the feet and legs into water as warm as can be borne by the patient, and keep them there thirty minutes or more; give the emetic immediately. If the patient is considerably relieved by the vomiting, the elixir may be given in smaller and nauseating doses, once in two hours. If not very much relieved, the vomiting should be repeated every hour or two. In the mean time apply a mustard plaster, sprinkled over with snuff, to the throat and upper part of the chest. After the feet are taken out of the water they should be kept warm and mustard drafts applied. After considerable relief has been obtained a dose of castor oil may be given. It sometimes happens, from the exhaustion of the patient, or from the stomach being coated with the viscid phlegm, that the emetic does not operate upon it. I then give some stimulant with the emetic to excite the action of the stomach, half a tea-spoonful of ether, or of ground mustard seed.

P. S.

#### MEMBRANOUS CROUP.

Membranous Croup is one of the most severe and dangerous diseases that children are liable to. It commences generally with a dry and hoarse cough, with some roughness of breathing, and a change in

the voice, with more or less feverishness. This may generally be distinguished from the Phlegmy Croup by the cough being dry, and a peculiar ringing sound in the first stages of the disease. After the disease has continued from ten to fifteen hours, the viscid phlegm collects in the throat, the breathing grows more and more difficult, it is evident that the air passage is diminishing, and the distress and agony of the child becomes extreme.

The treatment in this disease, to be successful, must be in the early part of it. A tough membrane is formed on the inside of the upper part of the breath-pipe. When this is formed and increasing in thickness, closing up the passage, the child is in agony, or has passed to a state of stupor, and the case is desperate. Begin, therefore, as soon as possible; put the feet and legs up to or above the knees in water, hot as can be borne; give an emetic, elixir of ipecac, a tea-spoonful, once in ten minutes until it operates, and continue it in less doses and less frequently, so as to keep up a nausea and vomiting every hour. Apply a mustard plaster, covered with snuff, to the chest, and one to the throat. After bathing the extremities half an hour or a little more, mustard may be applied to the feet, and keep them warm. Hon. W. W. Sedgwick, a nephew and pupil of mine, informs me that in very bad cases, where the emetic and other treatment mentioned above, seemed to be failing, and the membrane forming, he has frequently succeeded by applying ice-

cold water, or ice itself, to the throat, frequently changing, so as to keep the part cold, with the feet and legs in hot water, and continuing the emetic in nauseating doses. P. S.

When the treatment, mentioned by Dr. W. W. S., is resorted to, the bath and cold application to the throat should be continued as long, and repeated as frequently as possible, but ever under the eye either of a physician or a good nurse, who understands the pulse, and the pulse should be held constantly, and, if it grows weak, and at the same time the child looks pale, the treatment must stop for a while, and then, if necessary, be repeated.

The theory is, that the cold, applied to the throat, stops for the time being the progress of the inflammation, while the hot bath promotes the circulation in the extremities. If the inflammation can in any way be checked for a few hours, the sickening and expectorant medicines may produce a separation of the membrane, and thus the child be saved. Water may be poured upon the throat in a small stream, constantly, while the extremities are immersed in the bath.

Spasmodic croup may be distinguished from the membranous by its being so unsteady, approaching to suffocation, for a few minutes, then relaxing almost to perfect ease, thus alternating from distress



to ease. Nervous and weakly persons are most subject to it; children seldom have it.

It is generally relieved with ether and laudanum. A tea-spoonful of ether, with thirty drops of laudanum. The dose may be repeated in one hour, if necessary. A tea-spoonful of ether, with a table-spoonful of ipecac elixir, is generally a sure cure for an adult.

P. S.

#### CHOLERA INFANTUM.

The cholera of infants is attended with fever. It often commences in a gradual manner, with more or less diarrhoea, for several days before the vomiting takes place. The duration of this disease is very variable. It may prove fatal in a few hours, or it may continue for weeks, or even months. The liver appears to be inactive in this disease. The evacuations have no appearance of bilious matter. They are whitish and watery, or frothy, and sometimes like milk and water, or like rice water. When the disease becomes chronic, the vomiting continues occasionally, but is not as frequent as in the commencement. The fever is generally of the typhus variety. Although it may, in some cases, be of the inflammatory variety in the beginning, it soon becomes typhus; the pulse is small, irritated and frequent, the countenance pale, the eyes dull and sunken, the head warm and the extremities cold.

## TREATMENT.

Equalize the circulation ; if the feet are cold, warm them ; if the head is hot, cool it ; if the stomach is irritable and the skin dry and torpid, counteract this irritability by friction, stimulating liniments, or mustard poultices. A good stimulating liniment is made of equal parts spirits of turpentine and aqua ammonia. If the child is seen in the first part of the attack, and the fever is of the inflammatory variety, give half a tea-spoonful of magnesia in a little milk and water ; if this is vomited, give another dose immediately. In two hours after the magnesia is kept down, give a tea-spoonful of castor oil, with twenty drops of paregoric, in a little sweetened water. Repeat this, once in six hours, until it operates. Quinine is the sheet-anchor of hope. Take fifteen grains of quinine, two table-spoonfuls of good French brandy, two table-spoonfuls of loaf sugar, and one tea-spoonful of laudanum ; shake them together until the quinine is dissolved ; add twelve table-spoonfuls of water. Give a child, two years old, a tea-spoonful once in two hours, until the symptoms are abated. If the disease yields soon, the quinine syrup may be diminished, first, by giving it only in the day time, then once in three hours, and, finally, three times a day, until health is completely restored. When the torpor of the liver is very obstinate and bile is not restored to the discharge by the use of the quinine,

for two or three days, it will be well to add to the half pint of quinine syrup a little beef's gall, say half a tea-spoonful. In obstinate and protracted cases, we may use, in connection with the above, the following powders: take blue vitriol, two grains; opium, three grains; prepared chalk, seventy-two grains; pulverize and mix thoroughly; make thirty-six powders; give one twice a day. Through the whole treatment, the bowels should be moved once in two days, with some preparation of rhubarb and magnesia. The diet should be light and nourishing, given often, a little at a time; beef-tea, chicken-tea, milk-porridge, thoroughly cooked, arrow root, corn-starch, etc., rice boiled in chicken-tea is very good.

P. S.

This is one of the most fatal diseases in the country; it is thought that, in our large towns and cities, one half of the children born die before they arrive at the age of five years with this disease. There is no need of this; none will die if the disease is taken in season, and properly managed. Keep strict watch of your children in the summer and fall; if they are taken with a diarrhoea, with light colored discharges, commence immediately; put a mustard plaster over the liver every night; see that the feet are kept warm; use friction over the whole body; give paregoric and soda, or prepared chalk, enough to check the discharges; do not waste more than one day

before you commence the quinine bitters. I would put the beef's gall into the powders rather than the bitters or syrup, say dried gall, half an even teaspoonful; blue vitriol, two grains; opium, three grains; prepared chalk, seventy-two grains; mix thoroughly, and make thirty-six pills, or powders, and give one, morning and evening, covered in moist sugar, or something of the sort. There is science in this treatment; the gall takes the place of healthy bile, the blue vitriol acts powerfully on the stomach, as an alterative, and the opium as an anodyne; you will not find it in any book, or prescribed by any physician. Nearly all the faculty use mercury in some form to act upon the liver, and every dose is so much death. There is no bile secreted, and calomel will not make it. The system must be braced up, the place of bile supported, until the liver resumes its action.

#### FALLS, BLOWS AND HURTS ON THE HEAD IN CHILDREN.

Providence in creating the human form protected the fore part of the head from danger of blows in front, by making the skull double where the blow would be most likely to fall. But children sometimes receive blows upon the side and back of the head. These are always dangerous, and when they are severe enough to cause sickness, the result is death. In a constant practice of over twenty years, I never knew a child to recover when sick in consequence of



a blow upon the head. Of course the blow must be severe enough to cause a bruise of the brain, in order to have any constitutional effect upon the child. When a child falls and hurts its head enough so that it looks pale and appears to feel faint, there is danger. The place where the blow fell should be kept constantly wet with cold water, the child should have mild physic, and if the part is swollen much, cups and leeches should be applied. See that the bowels are regular, and the water is free. If a child receives a severe blow upon the side or back of the head, it is the part of prudence to send for a good physician of large experience. About ten or twelve years ago I was called to see a fine boy about two years old. I found him playing about the house. His mother said she did not know but I would think it was foolish to send for me, but it was their only boy, and he did not have much appetite, and looked pale, and she thought best to have something done for him. I called the boy to me, took him into my arms, examined him closely; his countenance was of a pale, bluish appearance, and his forehead had the "horse-shoe mark" plainly; his secretions were out of order, his food did not digest well, and his water was scant; he tried to play some, but was soon tired out. I mistrusted he had had a fall and hurt his head, and inquired if such was the fact. His mother said, "no, not as she knew of." His grandfather was present, and immediately told me that he was hurt severely

on the back of his head some three weeks before. A heavy door had blown violently against his head, knocking him prostrate; he himself had seen it and picked him up. The boy, he said, nearly fainted away, and looked very pale all the remainder of the day, and he believed had not been well since. I told his mother it was a serious case, and that, if he was not much better within twenty-four hours, there would be no help for him, and I had no idea that he would be. She was astonished and distressed; told me to come and see him surely the next morning. The next morning I called and informed her that there was no improvement. "You think he will die, then?" "I do; no earthly power can prevent it. I hope you will send for other physicians, for I do not desire the responsibility." Two old, experienced physicians were called. They expressed some hope. I told them I had none, and wished them to prescribe, and I would follow their prescriptions to the letter. He was given "alterative powders," castor oil for physic, quinine as a tonic, mustard over the liver and on his feet and legs, spirits nitre, blisters on his ankles, etc., etc. He gradually failed; in two days he had paroxysms of severe pain, which his mother insisted were in his bowels; these grew more severe and more frequent, and in six days he was dead. His mother declared that I had killed him, that I said he would die, and I was determined he should, and that she never would employ me again. The next year she

moved into Chicago. When the warm weather came on in the spring she was taken with diarrhœa. She employed one of the best physicians in Chicago, but he gave her no relief. She then applied to one of the professors of Rush Medical College; he thought he could cure her, and gave a prescription; she continued to fail under his treatment. It was now the middle of August, and she concluded to come out to B—— and try the doctor who told her the truth about her boy. She came and called for me, told me just how she had been, and how many doctors she had employed, and how much medicine she had taken, and asked if I thought I could cure her. I told her if she would follow my directions she would be well in four weeks. I gave her the diarrhœa pills, composed of sulphate of copper and opium, and cascarilla bitters, prepared with port wine instead of spirits; told her to bathe her bowels in Sedgwick's Liniment. In one week she had no diarrhœa, but did have a good appetite. In four weeks she returned to Chicago, weighing twenty pounds more than she did when she came out. The next season she was taken again, but this time she sent immediately to me for medicine, and was soon cured.

#### ON WEANING INFANTS.

We can not fix the age at which infants should invariably be weaned, but it should not be suddenly done. The child should be prepared for the change



by gradually being accustomed to common, wholesome food. After the child is five months old, let it be fed with some suitable food once or twice a day at first, and afterwards oftener, so that it becomes weaned from the breast in the day time, and only has it in the night as it approaches the time of complete weaning. The proper age for this depends on many circumstances. Many women have not constitution or native vigor to nurse a child over nine months. The health of both mother and child begins to fail, and, if continued, rapid decline follows. Some are not able to nurse a child at all, and if attempted, will be taken with sore mouth and perhaps a breaking and other marks of decline, and if persisted in, the mother or child, or both, will surely die. Again, there are some women of robust and vigorous health who can nurse a boy until he is ashamed to go to his mother's breast for sustenance. Some celebrated physicians say no woman should nurse a child over nine months. Some English physicians advise to wean the child as soon as it has teeth. And it is a common practice in some localities in England to wean a child at five months old, and they, it is said, make the most hardy and robust people. As a general rule a child should not be nursed over ten or twelve months at most. But a child should not be weaned when it is cutting teeth, or when it is sick, unless its sickness is occasioned by the unhealthiness of the mother's milk. Very hot weather, or very



cold, is not the best time to wean a child. When a child is weaned it should be fed regularly, about once in three hours through the day. Good light bread that is a day old, and milk, is the best food. Sago, arrow root, milk porridge, beef tea, etc., may be given. Pastry, cakes, and fruits, should be avoided.

## CHAPTER XV.

### DROPSY.

DROPSY is an unnatural collection of water in or about any particular organ or cavity in the human system, or it may be generally diffused about or over the whole body, or at least wherever there is cellular tissue to hold the water collected. There are different technical names for the various places where the disease locates itself. It is generally the result of a badly treated fever, scarlet fever in particular, or it may result from debility or want of vital force in the system, the laws of nature being so disarranged that the absorbent vessels do not perform their legitimate office, consequently water collects and remains in the cells. You will frequently see the feet and legs of a person bloated, who has been long sick and confined to the bed. When you can, with your finger, make a dent in the flesh that will remain for some time and slowly disappear, it is pretty sure that dropsy exists in that part. Dropsy of the brain is the result of inflammation of that organ. Dropsy may also occur in the chest, and gradually increase until the lungs are drowned; so also of the heart, and in both of these cases they produce more or less difficulty of

breathing, which is increased to a sense of suffocation upon lying down, and the patient will be obliged to sleep in a sitting posture. Dropsy of the bowels is a gradual filling up of the cavity of the abdomen, so that often it contains several gallons of water; sometimes tapping is resorted to, and enormous quantities are drawn away, but generally it collects again and again. General dropsy commences with bloating of the feet, which gradually extends upward, until the whole system is affected, or death ensues. It may be known by the swelling and by the scantiness of urine, which exists in every case of this disease. The way to affect a cure is to increase the flow of urine and give new tone and action to the general system. Diuretics, tonics and alteratives, with bathing the skin in stimulants, and irritating it by brushing with a coarse towel or flesh brush. The following mixture has had a wonderful effect for good in numerous cases that have come under my observation:

Copperas, two scruples.

Saleratus, two scruples.

Spirits nitre, half an ounce.

Squills, half an ounce.

Laudanum, seventy drops.

Essence wintergreen, half an ounce.

Tincture cantharides, half an ounce.

*Dose* — A table-spoonful morning and evening.

At the same time, take cascarilla bitters three times a day, before eating, and be careful to keep the

bowels open with some mild laxative that will not produce debility; corrective pills, or rhubarb syrup, in doses sufficient to produce the effect. Bandaging the feet and legs, day times, taking the bandages off at bed time, is very useful when the feet and legs are troubled with much swelling or bloating. Also, three grains of iodide of potassium, three times per day, half an hour before meals, to be taken fifteen days, then omitted for fifteen days, and then repeated. This course has cured many cases after having been given up by good physicians.

#### SYPHILIS, OR VENEREAL DISEASE.

Cause, impure sexual connexion. It exists in the form of gonorrhoea, chancre, bubo, and the secondary or constitutional sore throat, pains in the joints, swelling of the bones, etc. For the chancre, apply alterative wash No. 2 two or three times a day. If the sores be very irritable or painful, keep the parts wet with spirits and water, or lead-water, between the applications of the alterative wash. For this and all other forms of the disease, take a blue pill every other night, and magnesia and salts, an equal bulk of each, two tea-spoonfuls the next morning after taking the blue pill. If the stomach and bowels are weak, or if diarrhoea exist, magnesia and rhubarb may be substituted for the magnesia and salts, at least a part of the time. After continuing this treatment two



or three weeks, make a sarsaparilla syrup. Take English sarsaparilla-root six ounces, rasped guaicum wood three ounces, bruise the root, put them in four quarts of water in a covered vessel, simmer four hours, and have two quarts when done, strain, add four grains of corrosive sublimate, one pound of sugar, and one pint of spirits. Take a wine-glassful three times a day, an hour before meals. While taking this syrup, keep the bowels in regular motion, by taking corrective pills, or rhubarb and magnesia, at bed time, when the bowels have not moved within twenty-four hours, enough to move the bowels in the course of the next day. When gleet or gonorrhœa is the principal symptom, a mixture of balsam copaiva and spirits of nitre, equal parts of each, may be taken a tea-spoonful three times a day, an hour after meals. If the appetite fails, or the stomach is weak, take bitters, an infusion of quassia wood or chamomile flowers three times a day, before meals. If periodical headache or fever exist take quinine bitters. Avoid fat or salt meats. Let the diet be regular, and mild vegetable and milk. A weak solution of corrosive sublimate, two grains to the ounce, for an injection in gonorrhœa, will sometimes be proper. P. S.

## HINTS TO PARENTS.

Parents are responsible, in a large degree, for the future of their children. How important, then, that they should teach them the truth. Twenty years

ago, you would not find one child out of twenty fifteen years old who knew any more about their existence, only that God made them, and that some of the neighboring ladies or the doctor brought their baby brother or sister. How many thousands of thousands of young persons have been ruined and brought to a premature and dishonored grave on account of the failure of their parents to give them proper instructions in reference to themselves and secret evil habits. They will take special care to keep them from the society of those they think will lead them into these habits, but never give them one word of warning. Far better would it be to point them to the Bible history and curse pronounced upon the sin of onanism, and inform them what it is, than to hope they may never learn these evil habits. You see your child becoming fretful, feverish, pale, avoiding society, becoming sallow, emaciated, loses memory, verging towards the grave, before you understand the cause, and too late you have learned that by your neglect to do a solemn duty you allowed your child to form habits that soon will end in death.

Find some way of teaching your children the terrible consequences of secret, disgusting habits. Learn them that of all sins, licentiousness and lewdness are, at least, as necessary to be avoided as murder and suicide.

## SUN-STROKE.

As I write this article in July, 1868, with the mercury at  $100^{\circ}$  in the shade, it seems natural to understand something of the meaning of the word. We have but to stand a few moments in the broiling sun to appreciate its power. And we only wonder that more persons do not fall victims to this deadly stroke.

The mode of operation, or the precise way in which the terrible heat operates upon the system to produce death, is not known. When it is, we may be able to combat it with better hopes of success. One of the daily papers of Chicago, of July 18th, reported over one hundred cases of sun-stroke, about half of which proved fatal. Severe and fatal cases come on suddenly, probably without any warning. Those cases which are less powerful, and where the patient survives, report their feelings as a sudden faintness and trembling, commencing at the stomach, and extending quickly over the whole body, with more or less loss immediately of consciousness, without any pain.

I have seen several cases that came very near being sun-stroke, but only two where the patient was completely overcome. These were both Germans who had been but a few days in the country, and it was in 1854, in July. The weather had been hot, about  $90^{\circ}$  in the shade, for several days. They were at work in the hay-field; neither of them had been



doing any work for two months previous, being on their passage from Germany to Illinois. One of them fell down suddenly in the hay-field, about two hours after he commenced work. He was working for a German who resided about two miles from me. It was little more than an hour from the time he was attacked until I saw him. They had brought him from the field and laid him down in the shade of the house. I found him perfectly senseless and motionless, his pulse about forty in a minute, and weak, his breathing labored and heavy, his head very hot, his body warm and dry. I directed cold applications to his head, and had them rub his feet, hands, legs, and arms; corded his arm and tried to bleed him; his blood was so thick that it would not run. I tried to get him to swallow a little stimulant, but could not. His pulse grew weaker and more frequent for about an hour, when it became a line under the finger, and he breathed his last. His head was hot for several hours after death, and some time after his body was cold. The other case was much the same, only that the pulse was about natural, and the patient groaned and appeared to have a little sense, but could not move. He was treated in the same way. I saw him within fifteen minutes after he was taken. In about twenty minutes after we commenced the cold applications to his head and rubbing his extremities, he was able to swallow, and I gave him a little brandy and water. I did not try to bleed this one, but put



a strong mustard poultice on his stomach. In two or three hours he was about, and commenced work the next day. In about a week he had another attack, and recovered in the same way.

So far as my experience is concerned, sun-stroke has attacked those who had not been in the habit of laboring in the sun for some time. Those who have worked steadily can expose themselves with impunity, where persons unused to severe exercise would be stricken down.

It is the part of wisdom for every person who is obliged to labor under the sun's rays in hot weather to guard against this terrible stroke. This can easily be done by keeping the head cool, and by working or exercising slowly until the system becomes hardened. When the thermometer is about 75 or 80° in the shade, every person exercising severely while exposed to the sun, should place some sort of green leaves, or a cloth wet in cold water, in his hat, and not drink large quantities of cold water when heated. No person has any right to expose life by disregarding these instructions. When a person is attacked they should be placed in a cool position in the shade, with the head raised, and cold applications constantly applied, the feet and hands should be warmed, the arms and legs, and also the body, thoroughly rubbed in hot spirits and water, with cayenne pepper added. A strong mustard plaster should be applied to the stomach. Just as soon as the patient can swallow, give a

little spirits and water, hot. When reaction has taken place, if the pulse is full and corded, a very small quantity of blood may be taken, or cups may be applied on the back of the neck. This might be done while the patient is still unconscious.

The treatment should be immediate, thorough, and energetic; time is every thing. I have lately heard of a patient who was given up by the physician, but was left with his head laying upon ice, and in a few hours he became conscious, and soon recovered. Never give up a patient until the breath leaves the body.

## CHAPTER XVI.

### WORMS.

THE cause or origin of worms in the stomach and bowels has, as yet, never been known or explained, and it is very likely never will. It is, perhaps, sufficient for our purpose to know that they exist at times, and it is supposed that a sedentary and inactive life, the abundant use of fat, and fruit of various kinds, the use of more food than the stomach can digest, are among the predisposing causes. There are five distinct species of intestinal worms. First, "The long thread worm" is from an inch and a half to two inches long, about two-thirds of its length is almost as small as a horse hair, the remaining or posterior part being considerably larger, and terminating in a round or blunt extremity. These worms are not generally numerous, and are principally found in the blind gut.

Second, The maw or thread worm. These are very small, white worms, being from one-sixth to nearly half an inch in length, with a blunt anterior and tapering to a point, posteriorly, resembling the point of the finest needle.

These worms are found in the large intestines, and

are generally confined to the lower part of the rectum, where they are often collected in countless numbers, producing the most intense smarting, itching and burning sensation. The best way to remove them is by injections of a solution of aloes, wormwood, or other bitter infusions. This should be done once in two or three days until the symptoms of itching and smarting are entirely removed.

Third, *Lumbricii*. These worms are from two to twelve or fifteen inches long, round, and of a yellowish-white or brownish red color, of nearly uniform thickness, except the extremities, which taper to a blunt point. They are from one-sixth to three-eighths of an inch thick. These worms inhabit the small intestines, and sometimes ascend into the stomach. This is the species that generally trouble children, and which, by using the proper remedies, are expelled in large numbers.

Fourth, Tape-worm. This worm often acquires a great length, from thirty to forty feet or more; it is from one-third to three-fourths of an inch in breadth, flat, white, and composed of a series of joints, resembling pieces of white tape folded. The head is armed with two processes, by which the worm attaches itself to the intestines. It inhabits the upper portion of the bowels and the stomach.

Fifth, Long tape-worm. This worm has an almost hemispherical, distinct head, an obtuse beak, the neck full in front, all the joints slightly obtuse, the anterior



very short, the next almost square, and the rest oblong. It is commonly a few feet long; sometimes its length is enormous, as much as six hundred feet long; it is not common. It inhabits the small intestines. The oil of turpentine, in some form, and in large quantities, is, perhaps, the best remedy. This worm is sometimes passed off in joints, often in pieces twenty feet or more in length.

*Symptoms* — Countenance pale, livid and colored, with transient flushes, eyes dull, pupils dilated, bluish semi-circle around the lower eye lids, tickling and itching of the nose, swelled upper lip, headache, humming in the ears, copious secretion of saliva, tongue slimy and furred, breath foul, appetite variable, sometimes voracious, at others wholly gone, transient pains in the stomach and bowels, occasional sickness at stomach, and frequent vomiting, frequent slimy stools, or costiveness, urine thick, yellowish or milky, abdomen bloated and hard, with emaciation of other parts of the body, lassitude, irritability of temper, spasms, fits, convulsions, and grating the teeth. It must be understood, however, that all of these symptoms may exist without a worm being present in the system. Any thing that would produce irritation of the stomach and bowels would produce all these symptoms, or, on the other hand, a patient might have worms and very few of these symptoms be present. The only way you can know

certainly that worms are troubling any patient is to see the worms.

It has been maintained by some medical writers that worms are harmless inmates of the intestinal canal. This is undoubtedly incorrect; worms are not productive of health, and should not be suffered to remain in the system.

They are often the exciting cause of dangerous affections, as St. Vitus' Dance, epilepsy, convulsions, paralysis, fevers, dropsy, etc. These and other diseases, often, speedily disappear after quantities of worms have been expelled. If a child has the above symptoms, he should be immediately treated for worms; he is not well, and the remedies used for worms are generally such as would be proper for any cause that produce irritation of the stomach and bowels. Numerous cases are on record where persons have been cured of insanity by the expulsion of large numbers of worms from the intestines by the proper medicines.

*Treatment.*—For those small worms which infest the lower part of the rectum, the treatment has been already given. For the common, large worms it is best to prepare the patient for the proper remedy by a low diet for two or three days, and at the same time, by keeping the bowels open with mild laxative medicines, given every night at bed time, a small dose of Epsom salts and magnesia, or salts and senna. On the fourth morning take an ounce of pink-root,

pour upon it one pint of boiling water, boil it down to half a pint, sweeten it very sweet, and let it be drank in the course of three or four hours, by a child from five to ten years old, commencing in the morning, taking no food previously, except a little milk and water. As soon as the whole of the decoction has been taken, a dose of castor oil and turpentine should be administered, say half an ounce of oil to two drachms of turpentine, for a child four or five years old, and double the quantity for a child twelve years old. The above remedy is perfectly safe, and will succeed in expelling worms in ninety-nine cases out of every hundred, where they actually exist in the system. Every old lady has a remedy for worms, as well as for numerous other diseases to which children are subject. Some of them are safe and some are not. There are also scores of patent medicines advertised as sure death for worms; and some of them, if persevered in, are also as sure death for children. As a rule, intelligent persons will avoid patent medicines, particularly those whose composition is kept a secret. You need never buy patent worm medicines, even if known to be good, for you can procure the desired result, as here directed, at one-quarter the expense.

Another good way to expel worms is as follows: Prepare the patient as before directed. Take a roll of brimstone to a blacksmith, have him heat a nail-rod to a white heat, hold the hot nail-rod and the brimstone together over a pail of clean water; the



iron and brimstone will mix, and in the bottom of the pail will be found dark, iron-colored balls of various shapes and sizes; pick these out, carefully separating them from the particles of melted brimstone; when dry pulverize them as fine as flour; give to a child from five to ten years old half a tea-spoonful of this powder every night for three nights; the morning of the fourth day give the oil and turpentine, as in the first prescription. If you do not succeed in bringing away worms, and the symptoms continue to indicate worms, repeat the operation once each week for three weeks. I have never known this remedy to fail where I had reason to believe worms were present in the system.

After the worms have been expelled from the system, it is very desirable to prevent their reproduction. For this purpose use the following mixture: Aloes, rhubarb, ginger, of each half an ounce, gum myrrh, two drachms; let all be well pulverized and put to half pint of pure spirits, half pint of syrup or molasses, and half pint of water; shake them thoroughly together every day for a week. Give a child as much of this as will be borne without operating severely as a cathartic, twice the first week, once the second week, then again once the next two weeks, after that once each month, and they will never be troubled with worms as long as this is continued. Probably a child five years old will bear half a tea-spoonful; you can tell by trying. The object is to give



just enough to operate very mildly upon the bowels, not as a physic, but just to relax a little. I have known several persons, who have raised large families of children, to keep this preparation constantly on hand, and once a month, in the morning, call all the family around and give each one a proper dose. I never knew a child who was thus medicated to be troubled with worms. It is also a very effective preventive of bilious fever and many other diseases to which residents of this climate are subject. "An ounce of prevention is better than a pound of cure." Try this, and be troubled no more with worms in children.

For the two species of tape worms, as many different remedies are prescribed as there have been different writers upon the subject. I believe nothing will be more likely to effect the object than the brimstone and iron remedy, given in double the doses prescribed for the round worm, and continued for ten or twelve days at a time, the patient at the same time drinking large quantities of strong sage tea, well sweetened, taking a low, liquid diet, and every third day giving large doses of castor oil and turpentine. Pomegranate root has been highly recommended. Two ounces of the fresh root should be sliced finely and slowly simmered in a pint of water down to a half pint. Of this decoction one-third must be taken in the morning, on an empty stomach, and another third every two hours. If this does not expel the worm, the

same is to be repeated next day, and so on. The diet should be liquid, and an active purgative taken after every third potion.

#### SCURVY.

It is only about two hundred years since this disease has attracted the attention of the medical world, soon after it had a name and place in medical works. Gout, rheumatism, hypochondriasis, and nearly all affections of the skin, were ascribed to scurvy in the blood. This idea did much harm, and was long since exploded, and now the term is restricted to one form of disease, which is supposed to be caused by an unhealthy condition of the blood, caused by want of proper diet. Consequently it is seldom seen except at sea, or in the army, where the patients have been confined for a long time to a diet of salted food, and have been obliged to undergo physical hardships.

This disease commences with a feeling of lassitude and want of energy, stiffness of the feet and knees, depressed spirits, horror of any physical exertion; breathing short, and panting on the least bodily exertion; countenance pale, sallow, or lead-colored, and bloated in appearance; skin dry, tense, and shining, and separates in small scales on different parts of the body. Sooner or later brown or livid spots appear, first on the legs, then on the thighs, and last on the arms and abdomen, but very seldom on the face; the

feet and legs become swollen, and in hot climates severe dropsical effusions take place, without the blotches described; the breath becomes bad, the gums tender and spongy, bleed easily when touched, putrid taste in the mouth, strong desire for fresh vegetable food and acids; the sight becomes more or less impaired, and the patient can scarcely sit upright; the blood becomes thick and dark-colored, the pulse weak and soft. As the disease goes on the joints become stiff, muscles become hardened, pains in the thighs and loins become severe, the same in the back and knees; severe pains in the bowels, and constipation; blood runs from the gums, nose, rectum, and bladder; ulcers appear on the calves of the legs and thighs; the gums separate from the teeth, and afterwards the teeth drop out. If the disease continues unchecked, extreme prostration ensues, breathing becomes more and more fatiguing and oppressed, the patient fainting, even while at rest, or by turning himself in bed; a fetid effluvium exhales from the body, emaciation goes on rapidly, and sometimes the extremities become paralyzed; dropsy, diarrhoea, dysentery, and finally an exhausting, irritating fever, or convulsions, close the scene. Having never seen a case of scurvy, I am indebted to medical books for the above symptoms. Many cases were reported in our army during the late war, but I apprehend cases on land seldom if ever assume the type described, and



they yield readily to the proper treatment, which is mainly a correct diet.

The patient should use fresh vegetables and animal food, and acid drinks, lemon juice, vinegar, horse-radish, garden cresses, water cresses, onions, garlic, oranges, mustard, etc. Sour-kraut is said to be the best of all. Medicines will seldom be needed, if the proper diet can be had; but any bitter tonic would be beneficial if the patient was very much reduced in strength.

#### ULCERS.

I have generally treated old ulcers by what is called the Baynton mode. Wash the sore clean with suds of Castile soap and soft water; if on the leg, wash the whole limb, and wipe it dry. Wet the sore with alterative wash No. 1 or 2, according to the condition of the sore; if it be torpid and indolent, I more frequently use No. 2; if it be irritable, No. 1. Sometimes alternate from one to the other. Frequently a soft cloth is wet in the wash, large enough to cover the sore. If the sore is discharging much, especially if the discharge is a healthy purulent discharge, I simply lay on over the sore a handful of dry lint. Next, I have adhesive plasters prepared, about two inches wide, and long enough to go around the leg and lap over six inches. I then begin an inch or two below the sore, apply the middle of the plaster to the leg behind, draw first one end over the sore



snugly, so as to adhere to the skin all around, then draw round the other end, lapping it on to the first end. Then apply the second plaster in the same way, letting it lap a little on the first plaster, and so on, applying the plasters till they reach an inch or two above the sore. Above all, apply the bandage, which is a roller, two inches wide and eight or ten yards long, snugly rolled up. It requires some practice to apply this nicely. It should be so applied that the pressure will be equal through the whole limb, or rather, if any thing, a little tighter at the toes and lower extremity of the limbs. I generally commence at the ancle, make the bandage fast there, then continue it to the toes, making the circuit around the foot in such a way that it will lie smooth to the limb, then extend it up over the heel and over the calf of the leg, letting it run, as it must, to lie smooth. Then from the top wind it down, lapping each turn about one-third back to the toes. In ulcers from varicose veins, apply cloths soaked in strong astringents, sometimes alum water, sometimes infusions of oak bark, etc. Apply the plasters, and bandage over. When the veins are pressed out with blood, they should be opened, and let out the blood before applying the dressings. Attend to the general health.

P. S.

## PILES.

Piles are the result of various causes, both general and local ; they are sometimes brought on suddenly by a violent strain, by lifting, or by any other severe and violent exercise ; they are often caused by a constipation of the bowels, and also by diarrhœa, long continued, which weakens the parts, and being thus relaxed, they protrude and form a tumor which, sometimes, becomes inflamed, swollen, and very painful. In this condition the sphincter sometimes becomes a tight cord about the neck of the tumor, which prevents circulation, and the protruded part mortifies and sloughs off. There are also what are called blind piles, which are a relaxing and swelling of the inside of the rectum, forming a tumor which can be felt, but not seen ; this often bleeds, and the disease is then called bleeding piles.

*Treatment.* — When the intestine comes down, the patient should lie down, oil the fingers, and attempt to place it in its proper position. No one can do this so well as the patient, and, if it is done before the part becomes inflamed and swollen, it is comparatively easy. If it can not readily be done then, cloths, wet in cold water, should be applied, particularly if there is inflammation ; these should be continued until the soreness subsides, when astringents should be used. An ointment made by mixing one part of pulverized nut galls to five parts of lard is a

very good application. After the intestine has been restored to its proper place, a compress should be placed over the part and held tightly in place, by means of bandages passing over it, and fastened to a band around the body; at least once each day a sitz bath should be taken in cold water, in which has been thrown a handful of common salt. A little of this ointment should be inserted once each day. If, when first attacked, the patient will lie by a few days and pursue this treatment, a permanent cure will be the result. If caused by diarrhœa, of course that complaint should be attended to, and the same is true if caused by constipation; in the last case the bowels should be kept loose by sulphur and cream-tartar, mixed in equal portions, and taken every other night, from one to four tea-spoonfuls, or enough to operate mildly the next day.

In blind or bleeding piles, the case should be submitted to a good surgeon, as serious results may occur, if they are not properly treated, and piles might be mistaken for a tumor of a very different nature, which might need the immediate attention of a skillful surgeon. They are also often removed by the knife, or more generally by a ligature; however, the cold bath and the ointment may be used with decided benefit in cases of blind piles. Sedgwick's liniment has been used in numerous cases of piles with good success, although not prescribed by me in the first place. One of my patients who was suffering from piles, and

happened to have a bottle in the house, tried it, and it had a good effect. He published it to others, and soon there was quite a demand for my pile medicine. Not having any specific, I did not know at first what was wanted; but, upon inquiry, I found it was my liniment. I still think it a severe remedy, however effectual it may be.

#### BOILS.

Boils seldom come alone; there are generally several at a time, or they follow each other. They may appear on any part of the body, but are most common on the face and neck. They denote some wrong in the circulating fluids, often connected with irritation of the digestive organs, and are probably nature's mode of counter-irritation to prevent some more serious disease, and to eliminate from the system hurtful matter, or to counteract its baleful tendency. The proper mode of treatment is to regulate the system. Take an alterative powder every other night, and quinine bitters, or an infusion of chamomile flowers, or of quassia wood, three times a day before meals. A poultice of bread and milk, or of flaxseed, gives relief and expedites maturation. A diachylon is proper after the boil is opened.

Carbuncle is a malignant boil, occurring with depraved general health. It begins like a boil, becomes hard, purple, slow to mature, hot to the touch, and very painful, with a sensation of burning



heat. The internal treatment should be the same as directed for boils. The application to the sore should be something to stimulate it to healthy action. Dissolve an ounce of muriate of ammonia in three pints of whisky and water, half of each. Use the solution to wet up a poultice with wheat bran or flour. Apply a fresh poultice once in three or four hours. The German empyrics often call this disease Krebs, which in English is cancer.

## CANCER.

Cancer is a terrible disease. It usually begins with a schirrous tumor at first, without much feeling, but at length lancinating, stinging and burning pains are felt; the skin above the tumor becomes puckered, contracted, discolored, and adheres to the tumor. At length an ulcer is formed, which discharges a thin, bloody, and fetid matter.

*Treatment.*—Keep the sore clean and covered from the air with cloths wet with alterative wash No. 1, and attend properly to the general health.

P. S.

In case of boils I generally give iodide of potassium in place of the alterative powders, otherwise I would treat them the same as recommended by father.

## SORE OR CRACKED LIPS.

Some persons are troubled with raw lips in warm weather, and others with sore and cracked lips in

cold weather. Blue vitriol rubbed over them once or twice per day will seldom fail to effect a cure. It would be well to smear them, morning and evening, with camphor ice. If the disease is obstinate, and will not yield to these external applications, take the solution of iodide of potassium, from two to six months, until a radical cleansing of the blood is effected.

BRONCHOCELE, OR GOITRE—(SWELLED NECK).

This disease consists of an enlargement of the thyroid gland, situated on the front part of the neck. It is common at the foot of lofty mountains, in nearly every part of the world, and was formerly supposed to be caused by drinking snow-water; but as it frequently occurs where there is no snow, that, like many other theories, is exploded. The tumor is sometimes very large.

Iodine is the remedy for this complaint, used as a wash and ointment externally, and taken in connection with potassium internally; or take the iodide of potassium, in three-grain doses for adults, three times per day, and use tincture of iodine, made by dissolving one drachm of iodine in one ounce of alcohol. Make an ointment by mixing one drachm of iodine and one drachm of iodide of potassium, let them dissolve and form a liquid, then mix with one ounce of lard. Wet the tumor with the tincture of iodine in the morning, and rub it over with the ointment at

night. If it produces too much irritation of the skin, omit for a day. Keep the bowels open freely with corrective pills, or rhubarb syrup.

## WHITLOW, OR FELON.

In ancient times this name was given only to an inflammatory swelling about the roots of the nail, but now it means a painful inflammatory swelling of either of the fingers, or toes, or the palm of the hand, or even sometimes the arm. Four kinds are pointed out. First, that seated between the true and false skin. Second, that seated between the skin and the periosteum (covering of the bone). Third, that occupying the sheath of a tendon. Fourth, that considered to be seated between the periosteum and bone. The last three are only different degrees of the same disease. The first commences in, or immediately under, the skin, and spreads to other parts. The other varieties seem to commence at or near the bone. The pain is excessive and piercing, owing to the parts being put upon the stretch when inflamed. The best thing to be done is to make an opening, freely, down to the seat of the disease. If the pain starts from the bone it should be cut boldly down until the lance scrapes that. This relieves the pain instantly. It should then be poulticed with bread and milk poultice, upon which a little laudanum may be sprinkled, if the pain continues, until it is healed. If the patient will not have the best thing done, viz., cut it open,



it should be soaked, for half an hour at a time, in strong lye, as hot as it can be borne without scalding. When not in soak, apply a poultice of bread and milk, or a flaxseed poultice, wet with laudanum, or well sprinkled with morphine. I have known several felons to be cured by soaking them freely, or wetting several folds of cloth and wrapping the part in Sedgwick's liniment. This course should be persevered in. If not cured in twenty-four, or at most forty-eight hours, do not delay or hesitate, but have it cut freely open, and save yourself many hours, and perhaps days and nights, of severe pain, which can be avoided by a moment's sting. And not only do you avoid this pain, but you preserve the limb. It is not uncommon for persons to loose their fingers, and often the use of their hands, in consequence of neglecting a felon, that is, neglecting to do the only thing that is sure to effect a cure.

#### CORNS.

These troublesome things are caused by wearing tight shoes or boots. Ladies often call for No. 3 shoes, when fours or fives would suit their feet better; and gentlemen, particularly young ones, are not free from this pride.

The way to cure them is, first, wear boots or shoes that are large enough, then pare the corns down, once each week, as thin as you can without bleeding, then apply any sort of sticking plaster that will keep



the corn moist ; if this gets dry, put on a new one ; follow this up thoroughly and regularly, and a cure is certain. It may take one month, or it may take six ; it is very little trouble, and comparatively no expense, and it is attended with no pain.

A cure is just as certain as that you will live. Do not fool away your money upon these traveling corn doctors.

Soon after I commenced studying medicine, I called one day at a shoe shop to have my foot measured for a pair of boots. A young man who was working there, in order to have some fun, at my expense, said to me, "Doc., I have a very bad corn I wish you to cure ; I have tried a great many medicines without doing me any good, and I have been wishing to see you some time since ; I thought you would be able to cure them."

"You have called upon the right person," I replied, "for I can cure them in a short time if you will follow my directions, and are willing to pay the expense." We then agreed before the proprietor of the shop that he should do just what I directed him, and, if they were cured within three months, he was to pay me two dollars ; if they were not cured, I should have nothing. I required him to observe the directions I have given, and told him he might use shoemaker's wax for a salve, as they had plenty of that. Two months after that, I called for my boots, and, when I offered to pay for them, the proprietor

said, "I will deduct two dollars for curing A's corns; he followed your directions, and in less than six weeks his corns were entirely cured; he says it cost you nothing, and he would tell you they were not well, but it was a fair bargain, and I know they are cured, and he shall pay you; I will take it out of the price of the boots and charge it to him. A sat in silence, changing color frequently, as his boss was settling with me; but he made the best of it by saying, he intended to cheat me out of it, but he was healed, and would give up and try to get his money back by curing corns for somebody else. This was my first fee, but I have cured thousands of corns in this simple, painless way since.

#### WARTS.

We do not know the cause of these pests. They often go off, from young persons, as suddenly as they come. Every body has a remedy for them. The most simple is the best. I have "talked" them off from hundreds of people. I say "talked," for this is what we called it. I first ascertain just how many warts there are, then take a strong, smooth, hard cord; tie as many hard knots as there are warts; then press a knot into the centre of each wart, bearing on hard, so as to produce an indentation, hold it there a minute or two, until it produces some pain, continue this until you have pressed each wart with one of the knots. If the warts remain at the end of two weeks,

repeat the operation. I have never failed, so far as I know, in curing warts in this way. The talking is, of course, all humbug; the wart is cured, if cured, by the pressure in the centre; it must be severe enough to stop the circulation. I have tried the head of a large pin, a pointed stick, or a nail, and the same effect was produced. The harder and longer the pressure the more certain the cure.

CLING NAILS, OR NAILS GROWING INTO THE TOE.

These are very painful, and, like corns, are caused by tight shoes and by wearing high heels, shoving the toes forward, so that the nails are pinched. Do not let them grow and become so bad that an operation will be necessary, for it is one of the most painful operations the surgeon is called upon to perform. If you discover the edges of the nail inclined to grow into the toe, commence immediately cutting the nail concave, leaving each corner out more than the centre, and scrape the middle of the nail from the flesh towards the end of the nail, once each week, as thin as you can without hurting. This will cause the edges of the nail to turn up. By persevering in this course, if taken before it is too far gone, the worst consequences may be prevented. It may be necessary, in bad cases, to raise the nail and push cotton under the edges while the scraping and cutting process is going on.



## SWEATING FEET.

This, to say the least, is a disagreeable and often a disgusting complaint. Feet troubled in this way in warm weather, smell at night so very offensive that you can hardly bear yourself, much less another person. Washing the feet every night in soap and water, and then wetting them with a strong decoction of sage, is said to be a good remedy. Salt and water is of value. So is alcohol and water. Rubbing the feet, after washing, in a mixture of mustard and starch will relieve the complaint. Wear both cotton hose and cloth shoes, change the hose every day, and cleanse the feet well every night.

## CHILBLAINS.

Any stimulating application, before the part is broken out into a sore, will be of benefit. Cold water, brandy, camphorated oil, and Sedgwick's liniment, are valuable. When the parts are swelled and painful, apply a flaxseed poultice, wet with laudanum, until the swelling, pain and soreness have subsided. Then an ointment made of white lead, one ounce, morphine, fifteen grains, lard, four ounces, mix thoroughly together, and smear; cover all with simple adhesive plaster to keep off the air, wash clean at least once each day, then apply the ointment and plaster as before. The best way, however, is not to have the Chilblains. To avoid them have your



boots large enough in cold weather so that you can wear woolen socks enough to keep your feet warm, and never sit still and let your feet freeze or chill enough to cause these troublesome swellings.

## CHAPTER XVII.

### CONSUMPTION.

CONSUMPTION is a disease common to all climates, but prevails most in cold and damp situations. All ages are subject to it, but it more frequently occurs between the ages of eighteen and forty-five. The predisposing cause of consumption is debility or deficiency of vital energy. This is often hereditary, but may be induced by any thing that tends to waste the strength of the system. Intemperance of all kinds; excessive stimulating is followed by depression. This rising and falling of vital action is exhaustive, and produces debility. A deficiency in the quality or quantity of food tends directly to debility. Too much or too rich food, by taxing the digestive powers to prepare more nourishment than can be assimilated and appropriated to the needs of the system, is a waste of animal vigor, and consequently causes debility. A proper degree of exercise is necessary to strength. Let a well person lie in bed six or eight weeks and he is very likely to be unable to walk. Generally the more a person exercises the more he is able to do. Thus we see the blacksmith, or the shoemaker, is strong in his arms, because he

exercises them so much. Yet exhaustive exercise, long continued, or over-fatigue, is a direct cause of debility. Pure and healthy air is necessary to the strength and vigor of the system. Air contaminated by crowded or ill-ventilated rooms, or rendered impure from any other cause, will occasion general debility. This deficiency of vital energy existing, and some exciting cause intervening, consumption in some of its forms is produced. One young man of eighteen jumps from the hay-mow on to the barn-floor, he is predisposed to disease by lack of vital energy, the concussion bruises the cartilages of the knee-joint, a white swelling is produced, and if not arrested by proper treatment, the swelling increases, the cartilages become ulcerated, a whey-like matter, filled with curd-looking particles, is formed, an irritative or hectic fever succeeds, emaciation, night sweats, colliquative diarrhœa, and death by consumption. Another by some similar concussion, and being similarly predisposed by a similar debilitated state of the system, bruises the cartilages of the hip joint, and if not timely counteracted, the same symptoms and the same issue follows. These are generally called scrofulous constitutions, which means nothing more or less than deficiency of vital energy. Another young man, similarly constituted, by over-exertion with a cradle, causes a lumbar abscess; he passes through all the stages, and all the symptoms, and dies of consumption. Another, with a like want of inherent vigor, is taken

with measles, away from home; eight or ten months afterwards he is brought home to die of consumption. (See case under Sequel of Measles). A girl of fifteen or sixteen, with this constitution, is passing into a state of womanhood; by some cold or accident at a critical period, nature is thwarted in her natural efforts, and she goes into consumption. Another person, possessing one of these constitutions, after being heated by a warm room, and perhaps also by exertion, passes into the cold air with insufficient clothing, or on to the wet ground with thin shoes, a cold is caught, and bronchitis, inflammation of the lungs, consumption, and death is the consequence. All these different forms of consumption are to be treated on the general principle of restoring the vital energy, and counteracting the diseased local action, which things are more fully exemplified in the following cases: P. S.

*Case 1st.*—Mrs. M. P. had what was called a scrofulous constitution. There was evidently in the family a scrofulous taint. Two of her sisters had died of consumption. She had for some time been afflicted with pains, wandering from one part to another, fixing themselves, by turns, in the head, shoulders, knees, wrists, fingers, hips, loins, etc. The countenance was rather pallid, with considerable general languor and a feeling of weariness and lowness of spirits, with tendency to costiveness. At length the pains settled in the right knee, and it



began to swell with a dull and heavy pain. In this situation she came to see me ; I gave her a bottle of my common liniment, with directions to brush the knee smartly with a brush until the skin was red, then rub in the liniment thoroughly for fifteen or twenty minutes, three or four times a day ; to take corrective pills at bed time, enough to move the bowels in the course of the next day ; every night when the bowels have not freely moved within the last twenty-four hours, take cascarilla bitters three times a day, before meals, bathe in salt water, wiping off smartly with a coarse towel ; take regular exercise, but avoid fatigue ; let the diet be regular and nutritious ; avoid every thing that oppresses or disturbs the stomach ; call again in a fortnight. She came accordingly. The general health was improving ; the knee was somewhat less painful, but more swelled, with an œdematous puffiness of the flesh ; directed continue the internal treatment, but exchange the liniment for a wash of muriate of ammonia, one ounce to three pints, half whisky and half water ; let three or four thicknesses of cloth be wet with the same and bound on ; call again in another fortnight. She did so. Her health was much improved, but the swelling was about the same. I then directed her to draw repeated blisters all around the swelling, applying one, two inches in diameter, once in two days. The disease yielded to this treatment. P. S.

*Case 2nd.*—E. S., aged about eighteen, the son of a widow, came with his mother to me Nov. 1, 1859. One knee was badly swelled. His mother was afraid he had white-swelling, and especially so as his father died of white-swelling, terminating in consumption. He was evidently in that state of deficiency of vital energy, which is commonly called a scrofulous state. Although his knee was excessively swelled, it was not extremely painful; but a dull, heavy pain most of the time, and too lame to be used. He walked with crutches. The swelling appeared very much as if it contained a fluid, but the fluctuation was not quite distinct enough to lead me, at that time, to open it. I applied cloths wet in solution of muriate of ammonia, after giving the whole limb a good brushing, and bandaged the limb snugly and evenly from the toes to above the swelling. Gave him cascarilla bitters to take three times a day, before meals, and corrective pills to keep his bowels right. Saw him again in about two weeks. His general health and appetite were improving; the swelling was less diffused around, was less painful, and seemed to be more collected in one spot, with more distinct fluctuation. I introduced the lancet; matter and bloody water escaped pretty freely; the swelling was considerably reduced. Directed small blisters to be repeated once in two or three days, below and above the swelling; covering that with cloths wet in the ammonia solution; continued the bandage from the toes up, leav-

ing the knee to be covered with an extra bandage, for the convenience of frequently removing to apply and dress the blisters. This treatment was continued three or four months with gradual but rather slow improvement of all the symptoms. In March, 1860, his general health was good; the swelling and the pain was pretty much removed, but some lameness, stiffness and weakness remained. I added an ounce of aqua-ammonia and an ounce of skunk's oil to two ounces of my common liniment, to be rubbed thoroughly two or three times a day. He was dismissed cured the first of May. P. S.

*Case 3rd.* — T. T., a young lady of eighteen, of scrofulous constitution, or rather of a constitution deficient in vital vigor. She was considered to be in a confirmed consumption, and had been under the care of four different first-class physicians in the region where she lived. Her father was in affluent circumstances, and had spared no expense to procure medical aid for his daughter, but all had been unavailing. She was at a cousin's in the vicinity of my residence, and was put under my care. I found her truly much reduced in flesh and strength, with hectic fever, night sweats, and a very harrassing cough, with an expectoration of a tenacious and frothy sputa, which seemed to be with difficulty brought up with much hard coughing; and yet, on the whole, was rather abundant, over a pint in twenty hours, as



reported. I learned that she had been dilatory in coming to the menstrual change of life. This took place at the age of sixteen. She then had one evacuation, and in one month after another commenced which was arrested by taking a sudden cold, and she had not menstruated since; yet, when the monthly period came round, the efforts of nature were manifest by the peculiar pains such efforts produce. I set myself to counteract bad symptoms and to restore vigor. She had torpid secretions and costive bowels; I gave corrective pills every other night. The monthly period would come around in two weeks. I commenced immediately to give a tea-spoonful of Dewee's tincture, in half a gill of milk, three times a day, an hour after meals. There seemed a little lack of energy in the stomach; I gave cascarilla bitters three times a day, before meals. There was irritation in the bronchial tubes, extending to the lungs. I made an irritation externally to counteract that, and for the same directed the following syrup: take of comfrey root, spikenard root and white-pine bark a handful of each; put them in two quarts of water, simmer down to one quart, add a pint of molasses and a pint of spirits; take a table-spoonful every hour through the day when there is a disposition to cough. Sponging over the body with tepid salt water in the morning, keeping the feet warm, a generous diet and regular exercise completed the treatment. She was regular and well in eight weeks.

P. S.



*Case 4th.*—Emily W——, a girl about sixteen, was brought to me by her father. She was thought to be in confirmed consumption. Her father lived at Canastota, a village on the Erie Canal, in the State of New York, about thirty miles west of my residence, in Oneida county. I told him if he would leave her with me, I thought, by the help of God, I could cure her in six months. She had been treated by Dr. D——, a respectable physician in C. When Mr. W—— informed him that I thought I could cure his daughter in six months, he replied, “Any man is a d—n fool that thinks that he can cure her in six months.” The girl had been near two years in a bad state of health, and had not, after the manner of women, arrived to a state of puberty. She was considerably emaciated, and had a cough, attended with a mucous expectoration; a fever in the afternoon, which had been considered hectic; a torpid liver, constipation of the bowels, a furred tongue, cold feet, and every mark of deficient vital energy; and as she resided in a marshy situation by the Erie Canal, I judged the fever more intermittent than hectic. Directed corrective pills every other night, quinine bitters, once in three hours, for a week, namely, at six, nine, twelve, three, and six, with some nourishing food immediately after each dose. Regular meals at six, twelve, and six, with some light nourishment between meals. After the first week, cascarilla bitters, three times a day before meals, and Dewees’ tincture, a tea-

spoonful in a gill of milk, three times a day, an hour after meals; to be sponged over the whole body every morning with strong salt and water, a little warm, then wiped off with a coarse towel; her feet and legs to be bathed every night in a warm foot-bath, impregnated with the nitro-muriatic solution, strong enough to produce a little tingling sensation in the skin; to exercise by swinging an hour every day. This she could not do at first, but fainted on the first trial; but after a few trials she stood it well, and liked it. She took flaxseed tea, sweetened somewhat with honey, to appease her cough; at other times she drank freely of lycopus tea. She went home cured in six weeks.

P. S.

*Case 5th*—Showing the effect of disappointment and sudden grief, when joined with constitutional deficiency of vital energy, to produce rapid consumption.

Lydia B——, a girl about seventeen, belonged to a family consisting of one son and six daughters. Their father had died of consumption some years before. One or two of her sisters had died of consumption. None of them were robust and healthy. Lydia was the youngest of the family, of fair complexion, clear skin, and of a lively disposition, disposed to fun and frolic. She was engaged to be married to a young man who had gone on a journey to the West. She was, in the mean time, staying

with his mother, making preparations for the wedding, which was to take place on his return, which was expected the next week. I had been visiting a patient, a daughter of the old lady, for some time, and had noticed the sprightliness and cheerful demeanor of Lydia. She seemed to be overflowing with happiness. At length, on approaching the house in one of my visits, I met Lydia in the street; she was going home to her sister's. As I was familiar with the family, and much respected by them, she had always met me with a cheerful, smiling salutation; but now she scarcely lifted her weeping and swollen eyes to me, and betrayed a countenance the most woe-begone and dejected. I passed on, and inquiring what was the matter with Lydia B——, learned that she had just received a letter informing them that her intended was married in the West. In about a week after this I was called on to visit Lydia at her sister's, which, I found on going there, was much against her will. She did not believe a physician could help her, and if he could save her life she certainly did not want him, for to die was what she most desired. Every secretion and every natural action of the system was locked up. I tried to rally her spirits, and to do something for her. It was all in vain. She died of consumption in six weeks.

P. S.

I have ever believed that father knew much more



about consumption than I did. His long experience in Oneida county, New York, where he was prescribing for cases every day, from all parts of the country, gave him an experience I never wished to possess. It has, however, been my fortune, or misfortune, to have charge of a few cases in Illinois. It is well known that few cases of real consumption of the lungs have originated here. I will briefly describe two cases that came under my treatment.

Mrs. H——, of B——, in Du Page County, arose early one very cold morning in the winter, and rode six miles to the railroad, on her way to Chicago; my wife and myself were with her. In riding to the railroad Mrs. H—— become chilled to the very vitals. She was not one of the complaining sort, and we did not know at the time how chilled she was. She told me afterwards that she did not get warm all day. When we returned home at night, we found Mr. H——, her husband, very sick with inflammation of the lungs. She was up all night, and for several nights thereafter. It was nearly impossible to persuade her to leave him a moment. If she tried to rest she would arise and come to him if she heard a groan. He was dangerously sick for ten or twelve days, and needed care for several weeks. Mrs. H—— was his nurse, she did not spare herself, and during all this time she was suffering from severe pain in her lungs. We knew she looked weary and worn, but we did not know that the fell destroyer was preying at her vitals. And even



after Mr. H—— so far recovered as to be able to be about, and not to need much care, she did not let her true condition be known, but complained of some pain and soreness about the back and chest. It was at least three months after she received the fatal chill before she ascertained her true condition; then abscesses were forming in her lungs; she had severe pain, great soreness, and considerable cough. It was not long before hectic fever and night sweats, accompanied with chills, made their appearance. I commenced immediately a thorough course of treatment, made large antimonial sores over her chest, gave her anodynes and expectorants, stimulants and tonics of various sorts; gave her the “alterative tonic and expectorant syrup.” In the early summer she went with her husband to the seaside, spending several months in Connecticut and New Jersey. Mr. H—— was in very poor health, and they were both homesick, and they returned home without being benefited. The next fall and winter she was under my care, and the same course of tonics, anodynes, expectorants, and external irritation, was followed. The next July she went with my wife and myself to Minnesota. We went in a carriage to LaCrosse. She met us at Madison, Wisconsin. From there she rode forty miles, the first day, without getting out of the carriage. She was full of hope, and stood the journey well, going forty miles every day but one, until we arrived at the river at La Crosse. There we took a steamboat and

went to St. Paul. The next day we started with our own conveyance for the country. When about five miles from St. Paul, on the high grounds, she remarked that she had not breathed so easy for months. She was in good spirits, and seemed improving until the time arrived for her menstrual period; none came. I gave her the usual remedies, but to no effect. She became discouraged at once; she was posted, and knew it was a bad symptom. From that time she grew worse. Soon after the Indian war commenced and we were constantly hearing of the fearful atrocities committed by these infernal red devils. (If the pseudo-philanthropists in the East had seen and heard what we saw, heard, and suffered, they would not plead for the lives of the barbarous horde, fiends who murdered in cold blood those who had fed, clothed, sheltered and kept them from starvation all the winter before).

We went immediately to St. Paul, and sent for Mr. H. to come up after his wife. He was taken sick immediately upon his arrival, and his wife stood over him all one night. After this, she failed rapidly; I was fearful she would not live to come home; we came to Dunleith on a steamboat, and they came home on the cars; she went to her room and bed, and in about two weeks she died. She did not wish to know when she was dying, and charged me not to tell her, and I did not. I saw her the night she died, when she was in a dying condition, but spoke

cheerfully to her, and talked as I would if I knew she was to live weeks. I do not believe in deceiving patients, and never do it unless some great good is to be gained by it ; before morning she died ; when I saw her a smile was upon her countenance. She died the death of a Christian.

*Case 2nd.* — Fourteen years ago, C. G., of Wayne, came to me and said he wished me to examine him and tell him what I thought of him. He had severe pain in his chest and throat, a distressing cough ; pulse a hundred and twenty, night sweats and loss of appetite. “ Well,” I said, after examining him, “ you will die. You might be cured ; but you will not, for you will not follow directions. I do not wish to prescribe for you on that account.” He had tried several physicians. After hearing what I had to say, he promised, if I would prescribe for him, he would do precisely as I said. I gave a sticking plaster to sprinkle antimony on, and put on his throat and chest over the pain ; gave him the “ alterative tonic and expectorant syrup ;” directed him to keep his bowels open, eat nourishing food, take regular exercise, and not to be running about nights, and to call and see me again in about two weeks. He came ; I never saw such a sore made by antimony as this plaster had made ; it was awful, but the soreness inside was gone, the cough was gone, the night sweats were gone, his pulse was less than one hun-



dred, his appetite was good, he was cured ; ordered him to let the sore get well and continue the syrup until he had used up what he had. He was troubled no more until the past winter ; he felt weak and bad ; he was in Chicago as a jurymen in the U. S. court. He called upon two regular advertising consumption doctors. They told him his lungs were badly affected. They were either fools or scoundrels. He did not take any prescriptions from them, but came out to Wheaton to see me. I examined him and told him he was humbugged and scared ; his lungs were sound ; his trouble was disease of the "general health ;" gave him the same prescription as before, with the addition of quinine bitters for a few days, and mustard plasters over the liver in place of antimonial ointment or plaster. In a few weeks he was as well as ever. If he had employed these consumption doctors, he would undoubtedly have been killed in a year, and his estate would have invoiced much less than it now will.

#### ANOTHER CASE OF CONSUMPTION.

A boy of Mr. E., about fourteen years old, had a severe attack of lung fever ; it was neglected at first, and an abscess was formed in the right lung. It was known by a dull, heavy, throbbing pain, with great tenderness, hectic fever, night sweats, pulse a hundred and fifty, constant cough, attended with severe pain. Fortunately, the family had the itch the worst way,



which answered well as a counter-irritant. I gave the "alterative tonic and expectorant syrup;" kept him constantly under the influence of morphine, giving him one-eighth of a grain, with two grains of ipecac, once in four hours, until the abscess broke, and he raised, at one time, nearly a quart of matter. Then I gradually lessened the dose of morphine until I ceased it entirely, but kept on with the syrup. He gained rapidly, and is now well. This was eight or ten years ago. These cases show that consumption is sometimes cured, even after ulceration and abscesses have formed in the lungs. They also show the folly of the old plan of treatment by medicines that reduce the system. Tonics, alteratives and expectorants, stimulants, generous diet, are the only hope. Counter-irritation should never be neglected.

If you want to die, go from one physician to another; the oftener you change the better; take all the patent medicines you can hear of, read all the old almanacs you can find, believe every thing they say, and act accordingly.

## SPITTING BLOOD.

If it comes from the lungs it is attended with some cough, is light colored, that is, a bright red, and mixed with some frothy phlegm. There is generally a sore place in the chest, or a place where there is a tingling and warm sensation, from which the blood comes. Give salt and water, first a tea-spoonful of

salt in a tea-cupful of water, then a cathartic of a table-spoonful of Epsom salts, with half a tea-spoonful of saltpetre (potassa nitra) once in three hours until they operate. In the mean time make some external irritation over the place from which the blood proceeds, something like this: Apply the mustard plaster as long as the patient will bear it, then apply the cupping glass; after this rub in the antimonial ointment, so as to keep up an irritation as long as the bleeding continues. As soon as the physic has operated, give a Dover's powder with four grains of acetate of lead in each powder, once in four hours, until the bleeding ceases; then give physic again, say corrective pills, or rhubarb and magnesia. P. S.

#### INFLUENZA — (EPIDEMIC CATARRH).

This affection is very common in this latitude, especially in the winter and early spring months. It is generally called a bad cold. It most frequently takes place immediately after a thaw in winter, and commences with chills, alternating with flashes of heat, followed soon by pain and sensation of weight in the forehead, a sensation of languor and weakness, sneezing, a discharge of thin, acrid fluid from the nostrils, a sensation of rawness in the throat and along the course of the windpipe, hoarseness, and dry cough, anxiety, and a feeling of oppression about the chest, pain in the back and limbs, and in different parts of

the body, weak pulse, sometimes with a white, slimy fur upon the tongue. This disease is hard for old people and for young children, producing often pleurisy or inflammation of the lungs, and carrying off a great many. In the onset of the disease the treatment is plain, and, I believe, always effective. Let the patient go to bed, take as large a dose of Dover's powder as he can bear without vomiting, and if he should vomit some, it will not hurt him. After the powder take a good draught of warm, sweating tea, put some warm applications to the feet and cover up warm. If he don't begin to sweat a little in two hours, take another dose of Dover's powder, followed by more warm drink. After continuing a gentle moisture on the surface for six hours, take some good, thorough physic. When that has operated, take a light breakfast of some light food. The patient is probably cured. But if all this be but the precursor or beginning of some settled fever, the patient must be treated upon the principles laid down for the treatment of fever, according to the form which it assumes.

P. S.

*Case of Influenza.*—In the winter of 1826, after returning home to Oneida County from the medical college, and while waiting for my diploma, which I was to receive from the Regents of the University of the State of New York, I made a journey to the east part of the State of New York, partly to see if I



could discover a suitable location for my profession, and partly to call on Dr. Joseph White, of Cherry Valley, President and Professor of Surgery in the college which had been my *alma mater*. I loved the old Doctor, not only for his remarkable skill in his profession, and correct judgment in all things pertaining to disease, but also probably from the cause mentioned in Luke vi. 32, last clause. (He had given me the highest recommendation). On leaving Cherry Valley for home, I soon began to feel a dullness and weariness, which was soon followed by wandering pains in different parts of the system, great heaviness in the fore part of the head, which soon became a heavy pain; then there was hoarseness, and a filling up of the head and breathing passages, together with increased pain and weariness. After traveling about thirty miles, I felt as if I could go no further. I had become so hoarse that I could not make a loud noise and there was great soreness through the whole length of the breathpipe down to the lungs. I called at a tavern; the friendly and affable landlord thought it would be great presumption for me to try to go any farther; he thought I was in a dangerous condition, and might die before morning; the disease was severe in the neighborhood, and had been fatal in many cases; he had attended a funeral that afternoon, the death having been occasioned by this disease. But I had a brother-in-law eight or ten miles further on, and thought I must try to get there. I did get there



hardly alive. Went into bed, took a large Dover's powder, followed by a large draught of pennyroyal tea; had a hot brick to my feet, was covered warm, sweat gently until two A.M.; took four Lee's pills; they operated finely by eight A.M.; took some tea and toast, and at eleven A.M. started for home cured.

P. S.

#### CHRONIC CATARRH.

This disease consists in a chronic inflammation of the mucous membranes of the air passages. It is the result of a neglected cold or epidemic catarrh. If neglected, it is apt to extend to the bronchial tubes, and ultimately to the lungs, and may end in consumption. It is made the subject for numerous nostrums; you can not pick up a newspaper without seeing one or more remedies advertised as certain cures. It is known by a dull pain in the forehead, a dry, smarting sensation in the nose and passage from the nose to the throat, and a collection of matter in the air passage, which drops down into the throat and produces irritation and a sensation which induces hawking, or coughing, until the deposit is raised. Perhaps this will occur but once each day, and that in the morning. Now is the time to effect a cure. It may be done by bathing the forepart of the head and temples in cold water, and by gurgling a weak solution of blue vitriol in the throat. But if this does not succeed in a few days,

a catarrh-syringe should be procured, and a solution of thirty grains of iodide of potassium or chlorate of potash to half a pint of water; fill the syringe with this solution; place the point of the syringe back of the palate, pointing upward, and force the solution out with such force that it will run out of the nose. This should be done once each day and will soon effect a cure in all recent cases. This disease should not be tampered with, but should be thoroughly treated immediately upon its approach. The general health should be attended to, and all the constitutional symptoms looked after.

## CHAPTER XVIII.

### FRACTURES — BROKEN BONES.

IN most cases of fractures it will be necessary to send immediately for a good surgeon. All that can be done before that, is to place the fractured part in as near a natural position as possible, and it will generally be best to keep the parts wet with cold water. Broken fingers can be set by any body. Pull them into natural position and keep them there by small splints, wrapped in cloth and wound around with a narrow bandage to keep them in place. The collar-bone may be set without employing a surgeon. All there is to do to bring the bones in place, is to draw the shoulders back, passing your fingers gently over the broken place until it feels and looks like the sound side. If the shoulders are sufficiently drawn back the bones must come right. You must not draw them so far that the bones will come too far out. To keep the bones in place it is only necessary be keep the shoulders back, and this can be done by passing a bandage over the shoulders, crossing on the back in the form of a figure 8 several times, until they are firmly held. Or straps may be made to fit over the shoulder, nearly meeting on the back, then

laced like a corset until the bones come to their proper place. It will be necessary to tighten this in a day or two. If after doing this the bones should protrude in front more than is natural, apply a compress, made by folding several thicknesses of cotton cloth together, laying them over the protuberance, pressing them lightly, and keeping them in place by a bandage passing several times around the chest, under the arm, and over the shoulder.

#### SPRAINS.

Sprains, if severe, are tedious and often painful things. They need for their cure a vast amount of patience, for it takes more time to accomplish a cure than it does to unite and heal a broken bone. If the strain is at or near a large joint, and has been made with much force, and any large tendon or ligament has been broken, it will be from six to twelve months, if it is carefully used, before it will become strong; if it is used before it becomes united and strong, it may never become strong. They need no setting. If the parts are painful, they should be kept constantly wet with spirits and water, five parts of water to one of alcohol, or two parts of water to one of common whisky, will be about the right proportion. That the cloths may be kept cool they should be changed often. When the swelling is reduced and the pain ceases, it should be bathed once or twice per day in my family liniment, or in beef brine, and



the parts brushed with a flesh brush. This liniment may also be used in the first stages in place of the spirits and water, if the pain is excessive, and that application does not have the desired effect.

## BRUISES

Should be treated same as sprains. When a person has received a fall he is frequently insensible when there is really no serious injury, only the whole system has suffered a sudden jar which has disturbed the circulation and suspended, for the time, nearly all the natural functions of the system. It was formerly the practice to bleed immediately in these cases. Nothing could be worse. There is no doubt that many lives have been sacrificed in this way that might have been saved if the right measures had been adopted. It is as much as the system can do to rally without being reduced just at the critical time by the loss of blood. The extremities should be chafed and bathed with spirits, and, if possible, stimulants should be administered, and a reaction established as soon as possible. Then it can be ascertained where the patient is hurt, and the proper remedies applied.

## CUTS.

These frequently occur in every family, and, if made with a sharp-edged instrument, they are generally attended with very little trouble. They should be made, if dirty, perfectly clean, and for

this purpose cold water should be used ; the wound should be sponged with this until the blood ceases to flow, then the wound should be carefully closed, taking care that the skin meets every where ; small wounds can be held together with adhesive strips ; cut the strips of adhesive plaster narrow ; heat one at a time by holding the back of the plaster to the heat ; stick one end on first, then draw the edges of the wound carefully together, and stick quickly down the other end ; keep doing this until the wound is covered, then stick two or three plasters the other way across the ends of the other strips to hold them securely in their places. If the cut is very extensive, more than two or three inches long, or in a part where it will not readily come and remain together, it will be necessary to take one or more stitches in it, about one inch apart ; it would be best to have a curved needle, but it can be done with a common needle. Take sewing silk (white if you have it), make two or four doubles, according as it is coarse or fine, wax it, thread your needle, pass it through the skin at one edge of the wound, then through the other edge, then press the wound together with your fingers, then draw up the silk, passing it twice over, to form the knot that it may not slip, then tie it in a square, hard knot, cutting off the ends of the silk, so that they will be two or three inches long ; then apply the plasters just as you would if it was not necessary to use the stitches.

If there is any danger that the wound will bleed, apply a bunch of cotton battin, of suitable size, over the plasters, and bind all up with a bandage. If it does not bleed or swell, it need not be dressed again for five days, when, if it is a small wound and has done well, it will be found entirely healed by what is called by surgeons the "first intention." If it is not healed, it should be washed clean with a suds made with Castile soap and soft water, and dressed with the adhesive strap, drawing the wound together as closely as possible. If there is much pain and inflammation, it will need dressing every day, after the first two or three days, as matter will then be formed, and all sores in order to do well must be kept clean. If the cut does not unite by the "first intention," and does suppurate and form matter, and it becomes necessary that it should be healed by forming granulations, (or filling up with new flesh), it must be dressed daily, and then, if the granulations look red and angry, and bleed when touched, this is the commencement of the formation of what is called "proud flesh." In such cases, after washing the sore with the Castile soap and water, it should be wet with a solution made by dissolving four grains of corrosive sublimate in one ounce of rain water, or eight grains of blue vitriol in an ounce of rain water. This will destroy the proud flesh and keep the wound in a healthy condition.

It is a mistaken notion that it is necessary for all



wounds to suppurate, or form matter, or run. They should not and will not do so, if they are properly treated, unless the wound has been made by a dull instrument, or been bruised, or some dirt or other foreign substance has been left in it. I have many times seen large wounds completely healed in one week. When I was a boy, twelve or fourteen years of age, I was playing in the chamber, and ran against a broad-ax, and made a wound upon my shin five inches long, cutting entirely to the bone. Father was in the house, and immediately washed and properly dressed the wound. In five days it was examined and was completely healed, except about half an inch at the lower end. One narrow strip was put over that, and in three days more the cure was complete. If the stitches do not come off themselves, they should be cut away about the tenth or twelfth day. Every woman who has arrived at middle life has a special remedy for cuts, bruises, etc., etc., and so have most men. Some apply salt, some sugar, some fill the wound with molasses, some bind it up full of blood. Every thing of this sort is wrong. Any application put into the wound acts as a foreign substance, and will cause it to suppurate, or form matter. It is all unnatural, and injurious. Clean it, put it together, and keep it there. Nature will do the balance far better than any thing beside. Let nature work when there is a chance for her to show her powers, as she ever will in these cases.



## STOPPING BLOOD.

Presence of mind in some person about is necessary in every case of severe accident, especially in cases where blood flows freely. The first thing necessary is to cord the limb above or towards the body from the wound. A strong tape, or piece of carpet binding, or something of that nature, is best; but a piece of rope, a strong cord, or a strip of cloth, or a pocket handkerchief, torn in strips, may be used in an emergency. A bunch of cotton or lint may be bound tightly upon the wound. Puff ball will stanch the blood if no important artery is cut. Open the ball and fill the wound with the smoke. If a large vessel has been cut, it should be tied with a large waxed silk thread. This may be known by the blood spouting out in jets with every pulsation of the heart. If necessary, in order to ascertain where the artery is, the cord should be loosened a little, when the blood will spurt. Have a hook prepared, sharp at the point, put this into the artery and pull it forward. The ligature should be formed into a knot (but not drawn up), and placed upon the hook in such a manner that when the artery is hooked the ligature will slip over the end of the artery when it can be drawn tight and tied, leaving the ends long enough to protrude from the wound, so that they can be readily found. In cases so severe as to need tying, a surgeon should be called as soon as possible, but it may be necessary

to tie the artery before the surgeon arrives. Dr. Teft, of Elgin, informed me of a case of a wound that could not be healed on account of its being impossible to stop the blood for a sufficient length of time to allow the healing process to take place. A number of good surgeons had tried various ways without success. He succeeded by applying creosote to the wound, directly upon the blood vessels. I have never tried it, but should do so if necessary.

#### BLEEDING AT THE NOSE.

Young, full-blooded persons are frequently troubled with nose-bleed. It is generally an effort of nature to relieve herself of a superabundance of blood, and needs no treatment any more than to wet the face and temples in cold water. But sometimes it is so severe as to endanger the patient's life. In such cases the nose should be filled full of cotton, wet in some astringent, like alum, nut galls, oak bark, etc., etc., or the puff balls, or creosote, may be used. Care must be taken that the blood, after the nose is stopped with the cotton, does not run down into the throat. Sometimes it becomes necessary to draw the cotton in from the mouth.

A short time since a man died in this county from the effects of bleeding at the nose. When a case is severe, and continues some time after using the proper remedies, the best medical aid in the country should be procured. I do not mean by the best the highest

priced. I have frequently known people to go many miles for medical aid, passing by good physicians, and placing their lives in the hands of soulless pretenders, who secured business by the most bare-faced advertising.

BLEEDING (HÆMORRHAGE) OF THE BOWELS.

Bleeding from the bowels frequently takes place in fevers. Four grains of acetate of lead, with four grains of Dover's powder, should be given once in four hours until relieved; then give a cathartic of Epsom salts and magnesia. For vomiting blood use the same remedy.

NOSE-BLEED — (EPISTAXIS).

In common cases it will often be sufficient to apply cold water to the temples, face, and back of the neck. If this does not succeed, or if the attack is violent, or the discharge rapid, give a Dover's powder, with from two grains of sugar of lead to six, once in four hours. Let the feet be kept warm, and stimulate with mustard plaster, or some rubefacient. If this does not all succeed, inject alum water into the nostrils with a syringe, and, if necessary, plug up the nostrils with a dossil of lint, and if the blood turns down the throat, the posterior nostril in the throat must be plugged. This is done by passing a fine wire, doubled, through the nostrils down the throat until it can be seen through the mouth, then with a hook draw it for-



ward, attach the dossil of lint, or a piece of soft sponge, and draw it back so as to form a plug in the posterior nostril. To cure the tendency to nose-bleed, where it occurs frequently, take equal parts of gum kino and blue vitriol, reduce to a fine powder, mix one part of this with five parts of black snuff, to be taken frequently as snuff is taken. P. S.

#### COUGHS.

Many persons are at times afflicted with cough when they have nothing like consumption or bronchitis. It may be caused by irritation of the stomach. It is often caused by unhealthy action of the liver. There is no one remedy that will be successful in every case, and many cases have been cured of cough of long standing by some simple remedy after using all the usual prominent remedies without the least benefit. For children from one month to one year old, a mixture of equal parts of slippery elm tea, or flax-seed tea, sweet oil and mollasses, given in doses of from half a tea-spoonful to a tea-spoonful, once in half an hour to an hour. Another good remedy for children is: Take a tin cup, fill it a quarter of an inch with loaf sugar, then put in a slice of common flat turnip, a quarter of an inch thick, then another layer of sugar, then turnips until the cup is full, then put a crust over the cup, and bake it one hour in an oven hot enough to bake



bread. Give this in doses of from a tea-spoonful to a table-spoonful once in an hour or two.

A good remedy for cough caused by irritation of the bronchial tubes or membranes is: Take a handful each of comfrey root, spikenard root and white-pine bark; put them to two quarts of water; simmer down to one quart; then strain, and add one pound loaf sugar and one pint of spirits. Dose, a table-spoonful once in one or two hours.

Another excellent remedy is: Take thoroughwort or boneset; make it very strong by boiling a quantity of the herb; mix it with an equal quantity of molasses, and add a little spirits if the weather is not warm enough to keep it from spoiling. Dose, a table-spoonful once in two hours. This simple remedy has cured hundreds of cases of what was called consumption. It is a tonic and alterative as well as expectorant. If there is pain and soreness in any particular place in the lungs, antimonial ointment should be used freely over that place until the pain and soreness are relieved. Cough itself is not a disease but only a symptom, showing that there is irritation of some internal organ; consequently, some external irritation, like the antimonial ointment or irritating plasters, are generally of great value.

## TIGHT LACING.

The terrible effects resulting from this fashionable sin will never be known in all their enormity.

Nothing we can say will prevent "ladies" of weak brains from making the vital organs contained in the chest and abdomen equally weak by corset and lace. I am not aware that any argument has yet been found sufficient to arrest this folly in any particular case. Mothers, see that your girls are not choked to death by a ligature about the waist, for it can be done as surely, though not as quickly, as though they were suspended by a cord about their neck.

#### FAINTING (SYNCOPE).

This is caused by the blood leaving the brain from any sudden fright, sight of distress in others, extreme pain, or any other cause that suddenly or completely deranges regular vital action. Many women have lost their lives soon after being delivered, having the appearance of fainting, when, in fact, it was caused by a sudden expansion of the uterus. Physicians have been deceived in this, and allowed their patients to die when they might have been saved, simply by pressing steadily upon the womb, with both hands on the abdomen, until permanent contraction had taken place. The treatment is to lay the patient with the head and shoulders the lowest, and apply stimulants to the face and nostrils. Spirits ammonia or ether—

## CHAPTER XIX.

### POISONS AND THEIR ANTIDOTES.

THERE are three kinds of poisons, viz., mineral, vegetable, and animal. There are also organic and inorganic, irritant, narcotic, and acro-narcotic. Acetic acid, citric acid, muriatic acid, nitric acid, sulphuric acid, tartaric acid, and oxalic acid, are nearly all strong, corrosive poisons, and are of a sour, acrid taste, and produce burning in the throat, which is increased by pressure, swallowing, or coughing, excruciating pain in the stomach, more or less corrugation of the lining membranes of the mouth, excoriation of the mouth and such parts of the skin as the acid may have touched. The matter vomited effervesces with carbonate of lime. The countenance becomes glazed, extremities cold and clammy, convulsions, and death speedily ensues. Nitric acid produces yellow stains, and sulphuric acid black.

*Treatment.*—In all cases of poison the stomach pump should be used as soon as possible; warm water or mucilaginous drinks should be freely given, and as often pumped out. If sulphuric acid is the poison which has been taken, water should not be used, on account of the great heat which is produced.



by their mixture. The carbonates of soda, potassa, lime, and magnesia, and calcined magnesia also, are antidotes for the acids. For the acetic, citric, muriatic, sulphuric and tartaric acids, they may be used indiscriminately. For the nitric and oxalic acids, only carbonates of magnesia and lime can be used with safety. Every family has either soda or saleratus in the house; in fact nearly all the so-called saleratus is nothing more nor less than soda. It should be dissolved and used immediately. A weak lye can be made by pouring water upon wood-ashes. If no soda is at hand, do this in all cases of poison. It is best to send for a good physician, but if you can cure the patient before he arrives, so much the better. If a person should be so unfortunate as to swallow any quantity of any of the above-named acrid, burning poisons, there would be very small probability of saving them. It would be very much like swallowing molten iron or lead. However, in every case remedies should be used as soon as possible, and the best medical advice will be necessary, as, if the patient lives any length of time, active inflammation will occur. Prussic acid, oil of bitter almonds, and laurel water, are sedative poisons. They produce nausea, giddiness, debility, hurried pulse, weight and pain in the head, spasms, lock-jaw (tetanus), contracted pupil, convulsions, and death. Ammonia is an antidote, but it should not be used in a very concentrated form. It should be so reduced with water so that it



would not itself act as a caustic ; say a tea-spoonful of spirits of ammonia to a tumbler full of water, and let this be drank in ten or fifteen minutes.

#### ALKALIES AND THEIR SALTS.

Strong liquor, or water of ammonia, muriate of ammonia, or sal ammoniac, caustic (I burn), potash liquor, potash, carbonate of potash, or pearlash, and salt of tartar, nitrate of potassa, or saltpetre, sulphuret of potassium, or liver of sulphur, and soda.

*Symptoms.*—Violent, burning, acrid taste, great heat in the throat, with destruction of its lining membrane ; swallowing difficult, and painful vomiting of bloody matter, which turns the yellow of tumeric, brown ; acute pain in the stomach, cold sweats, weakness, hiccough, violent colic pains, with purging, bloody stools, and membranous flakes ; death.

*Treatment.*—Stomach pump, the vegetable acids, such as vinegar, lemon juice, citric and tartaric acid in solution, are antidotes to the alkalies and their carbonates. The fixed oils, such as castor, linseed, almond and olive oils, form soaps with the free alkalies, and thus destroy their caustic effects. Give the vegetable acids mentioned above, either of them which you may have on hand, (every well-regulated family has vinegar), then administer either of the above-named oils you have on hand. The quantity to be given should be governed somewhat by the quantity of alkali which has been taken. Give as much of the

acid and oil as has been taken of the poison you wish to destroy or neutralize.

#### EARTHS AND COMPOUNDS.

Baryta, carbonate of baryta, chloride of barium, nitrate of baryta, and lime.

The symptoms are like those of the corrosive metals; violent burning in the stomach, vomiting, gripes, diarrhoea, excessive muscular debility, headache, convulsions, death. Lime has no other effect than that of a pure irritant.

*Treatment.*—Stomach pump. The sulphates of soda and magnesia are prompt and effective antidotes to all the poisonous salts of baryta. Phosphate of soda will also counteract their effects. Lime may be neutralized by dilute acids; carbonic acid in soda-water, effervescing draught, or yeast would answer a good purpose.

#### ALCOHOL.

Brandy, wine, and all spirituous liquors.

*Symptoms.*—Intoxication, and, when taken very freely, complete insensibility, with symptoms of apoplexy, or paralysis of one side; the countenance swollen, and of a dark red color; the breathing difficult, and sometimes stertorous (loud), with a peculiar puffing out of the lips; the breath smells of liquor, which serves to distinguish the symptoms from those of common apoplexy.

*Treatment.*—Six grains of white vitriol, with six grains of tartarized antimony, should be put into the stomach as soon as possible. If the patient can not swallow, a flexible tube should be inserted into the stomach, and the emetic poured down. Vomiting should be encouraged by pouring down large quantities of warm water, and a large injection of salt and water should be thrown into the bowels. The patient should be placed in an erect position, and if the countenance and other appearances are not improved soon after using these means, the jugular vein should be opened, and, if the patient is a strong, healthy person, take from two to four pints of blood. Cold, wet cloths should be applied to the head, particularly if the body is hotter than natural. If the extremities become cold, warmth and friction should be used, and the feet and legs wrapped in strong mustard plasters.

## VOLATILE OILS.

Creosote, Dippel's animal oil, oil of tobacco, oil of turpentine, fusil oil.

The general action of these oils is that of irritant poisons, burning pain in the stomach, vomiting, pungent taste, purging. The oils of turpentine and tobacco effect the nervous system. The peculiar odor of each oil will be plainly discovered in the matter vomited.

*Treatment.*—Creosote is immediately coagulated

by albumen. The white of eggs should be given freely for this purpose. Dippel's oil may be counteracted by dilute acids, lemon juice, vinegar, or a solution of tartaric acids may be given freely, or olive oil, or castor oil, may be given immediately. The other oils have no particular antidotes, and their effects must therefore be counteracted upon general principles. The stomach pump should be used, and warm, stimulant drinks administered, the extremities kept warm, and head cool, and friction applied upon the skin.

#### GASES.

Carbonic acid, or fixed air, carbonic oxide, fumes of burning charcoal, chlorine, sulphureted hydrogen.

*Treatment.*—The antidote of chlorine is the cautious inhalation of ammonia, or sulphureted hydrogen. The inflammatory symptoms prove chlorine to be treated upon general principles. For the other gases, cold effusions to the head, and perhaps blood-letting; at least a vein might be opened and ascertain if the blood would run; if so, take a very small quantity. Use artificial respiration, rub the extremities with some powerful counter-irritant, such as cayenne pepper steeped in alcohol, apply mustard plasters to the feet, legs, hands, and arms, and on the back of the neck.



## IODINE AND IODIDE OF POTASSIUM.

Irritant symptoms; burning pain in the throat, lacerating pain in the stomach, and fruitless efforts to vomit, suffusion of the eyes, excessive pain and tenderness in the region of the stomach.

*Treatment.*—Iodine combines with starch and forms an insoluble compound. Starch or wheat flour should be stirred up in water and administered immediately. Iodide of potassium has no antidote. Vomiting should be promoted by copious draughts of warm water, and inflammation subdued by general treatment.

## METALS.

Antimony, tartar emetic, chloride, or butter of antimony, oxide of antimony.

If vomiting does not take place soon after either of these poisons has been taken into the stomach in doses of sufficient amount to affect the system, violent irritant effects are produced; burning pain in the pit of the stomach, purging, collicky pains, sense of tightness in the throat, violent cramps, and repeated recurrence of vomiting; copious draughts of warm water, warm sage, or elm tea should be administered, and the throat should be tickled with a feather to induce free vomiting. Astringent infusions, galls, oak, or Peruvian bark, act as antidotes, and should be given promptly; powdered nut galls, or Peruvian

bark, may be mixed with water and taken immediately, while the infusions are being prepared.

#### ARSENIC.

Arsenious acid, or white arsenic, orpiment, or yellow sulphuret of Arsenic, King's yellow, regular or red sulphuret of arsenic, fly powder, Fowler's solution, arsenical paste, arsenical soap, arsenite of copper, Schule's green; many, or all, of the bright green, and also white curtain and wall papers contain arsenic.

*Symptoms.* — A sensation like the burning of fire coals in the stomach and bowels, with great tenderness, sickness of stomach, making many vain attempts at vomiting, dry throat, with sense of tightness and thirst, hoarseness and difficulty in speaking, the matter vomited often streaked with blood, and generally greenish or yellowish, diarrhœa, constant feeling as though the bowels would move; sometimes the passage way (anus) is raw, bladder and other urine organs affected with excruciating heat and pain and water suppressed; cramps and convulsions, clammy sweats, blueness of the extremities, countenance sunken, eyes red and bright, delirium and death.

*Treatment.* — The hydrated per-oxide of iron, diffused through water, or the precipitated carbonate, or common iron-rust, in very fine powder, to be given in doses of ten to thirty grains, or a quarter to half a

tea-spoonful every five or ten minutes, until relief is obtained. This is particularly efficacious when the *white arsenic* has been taken. If the arsenic has been taken in the form of Fowler's solution, lime water, in copious draughts, may be given. For either of the other forms, emetics of sulphate of zinc should be given; take ten grains of sulphate of zinc, (white vitriol), dissolve it in a tea-cupful of sage tea, and let it be taken at once; if it does not operate in ten minutes, repeat the dose; let the patient drink, often, large quantities of flax-seed or slippery elm-tea, or both. Counter-irritants should be used freely; wrap the feet and legs to the knees in strong mustard plasters, or rub them with hot alcohol and cayenne pepper, until they are nearly blistered.

In cases where patients die from poisoning from arsenic, or any other poison, unless the circumstances are known and every thing is plainly understood, an inquest should be held, and the contents of the stomach submitted to a good chemist for examination.

## BISMUTH.

Nitrate of bismuth, rose powder, oxide of bismuth.

*Symptoms.* — Similar to those produced by other irritant poison; general inflammation of the stomach and intestines, with suppression of urine, hiccough, disagreeable metallic taste in the mouth, vomiting, cramps, delirium and death.

*Treatment.* — Sweet milk and flax-seed and slip-



pery elm-tea, well sweetened with loaf-sugar, and given in frequent and large doses. Leeches may be employed, mustard plasters over the stomach and bowels, fomentations with bitter herbs, tansy, smart-weed, etc., may be boiled up strong, and cloths coming hot from this tea, applied often over the stomach and bowels.

#### COPPER.

Sulphate of copper, blue vitriol, acetate of copper, verdigris, carbonate of copper, blue verditer, arsenite of copper, Schule's green. Food cooked in copper vessels, or pickles made green by copper.

*Symptoms.*—Very similar to those produced by arsenic, coppery taste in the mouth, and risings from the stomach. Fatal cases are generally terminated by convulsions, palsy, and insensibility.

*Treatment.*—Albumen is to be administered in either of its forms which can be most easily obtained. The whites of eggs should be administered freely and often; if they can not be obtained readily milk should be administered in large quantities until the eggs can be obtained and then they should be given. Vinegar, or any acid, should be avoided. The inflammatory symptoms which may arise are to be treated on general principles, and so likewise the nervous symptoms.



## GOLD.

Chloride of gold, fulminating gold.

*Symptoms.*—About the same as those from other irritant poisons. These substances cause a pink stain on the flesh, and spots of that color may be found about the lips and inside the mouth.

*Treatment.*—The salts of gold are decomposed by sulphate of iron, and this has therefore been recommended as an antidote. Inflammatory symptoms to be treated same as directed for those resulting from other poisons.

## IRON.

Sulphate of iron, copperas, green vitriol, chloride of iron.

*Symptoms.*—Same as other irritant poisons; colic pains, constant vomiting and purging, violent pain in the throat, tightness about the region of the stomach, coldness of the skin, and feebleness of the pulse.

*Treatment.*—Carbonate of soda is an excellent antidote to either of these substances. Mucilaginous drinks should also be given, and particular symptoms relieved as they present themselves. A tea-spoonful of carbonate of soda, dissolved in a tea-cupful of water, and taken once in half an hour, drinking in the mean time copious drinks of flaxseed or slippery elm tea.

## LEAD.

Acetate of lead, sugar of lead, carbonate of lead, white lead, red oxide, or red lead, litharge, wines sweetened by lead, water which has been kept in vessels of lead, acid food cooked or left standing in vessels lined with lead.

*Symptoms.*—Great irritation of the stomach and intestines, spasms, nervous symptoms, palsy, either partial or complete; when taken for sometime, in small quantities (as by painters), violent and obstinate colic, rigidity of the muscles of the abdomen, cramps, remission of the pain, obstinate constipation, urine diminished, saliva increased, countenance anxious and gloomy. If relief is not obtained soon, giddiness, debility, torpor, convulsions and death ensue. The upper extremities are generally affected by the palsy.

*Treatment.*—Sulphate of magnesia and phosphate of soda are good antidotes for the soluble salts of lead. For the solid forms, dilute sulphuric acid may be drank. These are applicable to the irritant forms of poisoning by lead. The sulphate of magnesia should be given in doses of a tea-spoonful once an hour, and half way between, twenty-five grains of soda. When solid lead has been taken, give twenty drops of dilute sulphuric acid, in sweetened water, once in half an hour. In the chronic form, or lead colic, give a tea-spoonful of carbonate of magnesia,

every half hour; immediately after it is swallowed, give twenty drops of dilute sulphuric acid in a little water. Repeat these doses until it operates as a physic two or three times freely. After the operation give a quarter of a grain of morphine, or twenty drops of laudanum, once an hour, until the pain and spasms are relieved. This may be done while giving the physic, if the pain is very severe. At the same time mustard plasters should be applied to the stomach and bowels, and, when they have drawn freely, apply cloths wrung out in hot water, or hot spirits and water, one part of alcohol to four of water, and one ounce of laudanum added to a quart; these should be changed every fifteen minutes. For the palsy, give strychnine. Take strychnine, one grain; water, two ounces. Dose, a tea-spoonful three times each day, before meals.

## MERCURY.

Corrosive sublimate, cyanide of mercury, nitrate of mercury, white precipitate, red oxide, or red precipitate, sulphate, or turbith mineral, vermillion, or red sulphuret.

*Symptoms.*—Violent symptoms of irritant poisoning, strong metallic taste in the mouth, burning pain in the stomach, vomiting and purging, frequently of bloody matter, often irritation of the urinary organs, and sometimes suppression, tightness and burning in the throat, sometimes so great as to prevent speech,

countenance generally pale, but sometimes flushed, tendency to doze, stupor, convulsions, and death.

*Treatment.*—Albumen is the antidote, and must be promptly administered, either white of eggs beaten up with water, milk, or wheat flour beaten up. Give one or all of these in large quantities, say, the white of eight or ten eggs, half a pint of milk, and one-fourth of a pound of flour. The inflammatory symptoms to be counteracted by the usual means for inflammation of the stomach and bowels. Gold, finely mixed in dust with fine iron filings, is also said to be a good antidote.

#### SILVER.

Nitrate of silver, or lunar caustic.

*Symptoms.*—Those of any other irritant poison.

*Treatment.*—Chloride of sodium, or common salt, immediately decomposes this substance and destroys its activity. The inflammatory symptoms are to be treated upon general principles.

#### TIN.

Chloride of tin, solution of tin used by dyers, oxide of tin, or putty powders.

*Symptoms.*—The same as other irritant poisons, and a peculiar tanned appearance of the coats of the stomach.

*Treatment.*—New milk to be given copiously, and



the after treatment to be regulated according to the symptoms; nothing else may be needed.

#### ZINC.

Sulphate of zinc, white vitriol, acetate of zinc.

*Symptoms.* — Violent vomiting, strong metallic and astringent taste, burning pain in the stomach, pale countenance, cold extremities, dull eyes, fluttering pulse. Death seldom ensues, in consequence of its acting so quickly, as an emetic.

*Treatment.* — Give copious drinks of warm water often, to make the vomiting as easy as possible; carbonate of soda, administered in solution, will decompose the sulphate of zinc; give a tea-spoonful of carbonate of soda, dissolved in a tea-cupful of water. Milk and white of eggs should be given, as they are also antidotes. The after treatment must be regulated by circumstances.

#### PHOSPHORUS (FRICTION MATCHES).

*Symptoms.* — Those of irritant poisons, pain in the stomach and bowels, vomiting, diarrhoea, tenderness and tension of the abdomen.

*Treatment.* — Give an emetic of sulphate of zinc, ten grains in a tea-cupful of sage tea, for an adult; half the quantity for a child ten years old; after that operates give frequently large drinks of flax-seed tea, with carbonate of magnesia mixed with it; two

tea-spoonfuls to a pint of the tea. If any inflammatory symptoms appear, let them be treated as such.

#### GLASS, OR ENAMEL.

If taken in very coarse powder it produces irritation and inflammation of the bowels.

*Treatment.* — Large quantities of crumbs of bread should be eaten to envelop the particles; an emetic of sulphate of zinc should then be given, and vomiting be produced by warm drinks.

#### ORGANIC POISONS.

##### *First, Vegetable Poisons.*

#### IRRITANT POISONS.

*Anemone pulsatilla*, or wind flower; *arum maculatum*, or wake robin; *bryonia dioica*, or bryony; *caladium sequinum*, or dumbcane; *calla palustris*, or water arum; *caltha palustris*, or marsh marigold; *chelidonium majus*, or celandine; *clematis vitalba*, or virgin bower; *convolvulus jalapa*, or jalap; *convolvulus scammonia*, or scammony; *croton tiglium* or purging croton; *cucumis colocynthis* or colocynth; *cyclamen europæum*, or sow bread; *daphne gnidium*, or spurge flax; *daphne mezereum*, or mezereon; *delphinium staphisagria*, or staves acre; *diocia palustris*, or swamp leather wood; *equisetum hyemale*, or scour-grass; *euphrobia officinarum*, or euphorbium spurge; *gratiola officinalis* or hedge-hysop; *hippomane mancinella*, or manchineel; *hura crepitans*, or sand box; *hydrocotyle vulgaris*, or

marsh pennywort; *jatropha curcas*, or indian nut; *jatropha manihot*, or cassada; *juniperus sabina*, or savin (oil of); *juniperus virginiana*, or bed cedar (oil of); *momordica elaterium*, or squirting cucumber; *narcissus pseudo narcissus*, or daffodil; *pastinax sativa*, or common parsnip; *pedicularis palustris*, or marsh lousewort; *phytolacca decandra*, or poke; *piper cubeba*, or cubebs; *plumbago europæa*, or toothwort; *ranunculus acris*, and all other species of crowfoot; *rhododendron chrysanthemum* or oleander; *ricinus communis*, or castor oil plant; *sambucus ebulus*, or elder, *sedum acre*, or stone crop, *stalagmitis*; *cambogioides*, or gamboge; *tanacetum vulgare*, or tansy, (oil of).

*Symptoms.* — A sharp pungent, bitter taste, causing great heat, and dryness of the mouth and throat, also a sense of tightness in the throat, severe vomiting, continued even after the stomach is empty, purging, with severe pain in the bowels, pulse strong, frequent and regular, breathing quick and difficult, appearances of intoxication, the pupil of the eye frequently dilated, insensibility, resembling death, after which the pulse becomes slow and without force, and death ensues.

When these poisons are applied externally, many of them produce severe inflammation of the skin, with blistering or eruptions.

*Treatment.* — Give large drinks of warm water to render the vomiting easier. If symptoms of insen-



sibility have come on without vomiting, ten grains of sulphate of zinc, with ten grains of ipecac, should be given immediately in sage, or catnip-tea, and after its operation an active purgative should be given; mix Epsom salts and carbonate of magnesia, equal parts, and give two table-spoonfuls of the mixture, once in two hours, until it operates freely. After the vomiting, a strong infusion of coffee or vinegar, diluted with water, should be given. A grain of camphor, mixed with twenty drops of ether, should be given once in two hours; the extremities should be kept warm, and should be bathed with spirits and red pepper hot, and brushed freely; if the insensibility is great, a blister, as large as the palm of the hand, should be applied to the inside of each ankle.

Bromine, chlorine and iodine have been recommended as antidotes to the alkaloids generally, but these should be used only under the direction of a physician. If the poison is external, sweet cream should be freely applied, and the coffee and vinegar used internally, and, if the patient is faint and weak, stimulants and tonics should be given. The regular quinine bitters should be given, if the tongue is coated with a brownish coat.

#### ACRO-NARCOTIC POISONS.

*Æthusa cynapium*, or common fool's parsley;  
*aconitum napellus*, or monkshood, agasicus, five



species ; mushrooms ; *amanita muscaria*, or truffles ; *anagallis arvensis*, or meadow pimpernel ; *and* *Gomesii* ; *apocynum androsæmifolium*, or dogsbone, *aristolochia clematitis*, or birthwort ; *arnica montana* or leopardsbane ; *asclepias syriaca*, or swallowwort ; *atropa belladonna*, or deadly nightshade ; *æsculus ohioensis*, or buckeye ; *brucea antidysenterica*, or false angustura bark ; *cerbera*, three species, *chærophyllum sylvestre*, bastard hemlock, ratbane, wormseed. Thus far we have given the technical and common names ; below we give only the common. American hemlock, water hemlock, cissus, fish berries, meadow saffron, hemlock, myrtle-leaved sumach, Indian war poison, cynanchum, laburnum, thorn apple, fox glove, bitter vetch, oil of wintergreen, *hæmanthus*, black hellebore, paddock stool, ipecacuanha, lathyrus, camphor, Indian tobacco, darnel, pride of China, mountain mercury, common oleander, tobacco, hemlock dropwort, barbadine, Jamaica dogwood, *polygala venenosa*, (of Java), poison vine, poison oak, locust tree, rue, blood root, squill, sea onion, ergot, or spurred rye, procumbent water parsnip, pink root, St. Ignatius' bean, *nux vomica*, skunk cabbage, tree of Java, diseased wheat, upas tree, white hellebore, American hellebore, war poison of Guiana, diseased maize.

## NARCOTIC.

Baneberry bitters, almond peach, yellow jessamine, fly poison, white henbane, black henbane, mountain ivy, strong-scented lettuce, opium, morphine, etc.; poppy, herb of Paris, wild orange, cherry, laurel, black cherry, cluster cherry, wild cherry, bitter sweet, mountain ash and yew.

*Symptoms.* — Narcotic vegetable poisons, if taken into the stomach, or applied to a wound, cause the following symptoms: Stupor, numbness, heaviness in the head, desire to vomit, a sort of intoxicated, stupid air, pupil of the eye dilated, lively, and sometimes furious delirium, frequent pain, convulsions of different parts of the body, or palsy of the limbs. The pulse is variable, but at first generally strong, slow and full, often not over forty beats in a minute; the breathing is quick, and there is great anxiety and dejection, which, if not speedily relieved, ends in death.

*Treatment.* — The first thing is to empty the stomach as soon as possible; if a stomach pump can be procured and operated immediately, do this, washing out the stomach thoroughly; if not, give twenty grains of sulphate of zinc, with the same quantity of ipecac, and one or two ounces of spirits immediately, and let the patient drink often large draughts of very strong coffee; tickle the throat with the finger to assist the operation. At the same time,

copious injections of Castile soap suds and water-gruel should be administered, and the stomach and bowels emptied as soon as possible. After the stomach and bowels are emptied, let the patient drink freely of strong, hot coffee. Keep the patient awake; keep the head cool and the extremities warm. Keep up the action of the skin by frequent and thorough friction.

I can not give a better idea of how to manage a case of this sort of poisoning than to give a history of a case that occurred in 1846. I was living at Libertyville, Lake County, Illinois, at the time. A sister was living with me, and was sick of a fever. I sent for my father to come and visit her, from Bloomingdale, about twenty miles distant. He came just at night, on Saturday. There was considerable sickness in the country at the time, and he was constantly busy, consequently he was tired and jaded. He remained over night, and did not arise in the morning until six A.M. We had breakfast at seven o'clock, and at the breakfast table he complained of a bad taste in his mouth, and said his head felt heavy and dull, ached some, and he felt very sleepy. I asked if he felt sick when he arose in the morning. He replied that he did not feel very well, and went to the pantry to get a drink of water, and seeing my bottle of bitters standing upon the shelf he had taken a drink, hoping it would make him feel better. I asked him what sort of a bottle he had drank from,



and how much he had drank. He answered both questions, and I knew immediately that he had drank at least two ounces of laudanum, enough to kill eight or ten common men, and that it had been down at least an hour. My feelings, and those of the household, may be better imagined than described. When I informed him what he had done, no more breakfast was eaten by any of us. I gave him immediately half a tea-spoonful of sulphate of zinc, and the same quantity of ipecac, and sent a messenger for Dr. J. H. Foster, who lived in the place. He was there in ten minutes, and we repeated the emetic once in ten minutes until we had given him one ounce each of zinc and ipecac. We had in the mean time given him two pounds of coffee, and half a pint of brandy. We kept pouring cold water on his head, and rubbing his hands and feet. Over two hours had now elapsed; his face was bloated like that of a drunkard who had been on a spree for a week, but he had his senses enough to know his situation and his danger, and he told us to try Epsom salts, as he never could take a dose without vomiting. We dissolved a pound in a small quantity of hot water, and he drank the solution at once. To our great joy, it had not fairly reached his stomach before it came back, and with it the contents of his stomach, breakfast, emetics, coffee, brandy, etc., etc. We now had some hope, and worked with redoubled energy, bathing his head, feet, and hands; and also trying to procure an opera-



tion from his bowels. About ten o'clock we were successful, but by this time he became very sleepy, and we found that we could not keep him awake unless we kept him in motion. Dr. Foster took hold of one side and Mr. Wm. J. Noble, my brother-in-law, who happened there on a visit, of the other, and they marched him for two hours, causing him to walk more than five miles, he constantly begging them to let him rest, just for a minute or two, and promising that he would not go to sleep; but they would not hear him, for they felt that his life depended upon his being kept awake, and they keep him "marching on," like John Brown's soul. About twelve o'clock they returned to the house, and he took a seat in the large arm chair out doors, in the shade of the house, and we resumed the application of cold water to his head, and the friction to his feet and hands. We succeeded in keeping him awake until one o'clock, when we allowed him to go to bed, but then he could not sleep, nor did he sleep five minutes at a time for the next thirty-six hours. He was very nervous all the next night, and I was obliged to keep him company until nearly morning. Occasionally he would drop away for a minute and awake with a start. He was very talkative, and his memory seemed very acute. I do not believe that one person out of a hundred could have been saved after taking so much opium, and having it down as long as he did; but he was of a very strong constitution, and we worked faithfully for his life.

## POISONOUS MUSHROOMS.

*Agaricus muscarius*, or fly agaric; *agaricus piperatus*, or pepper agaric; *agaricus necator*, or deadly agaric; *agaricus bulbosus*, or bulbous agaric; *agaricus chanta-rellus*, or champignon.

*Symptoms.*—Pain, heat and sickness at the stomach, pain and heat in the bowels, great thirst, vomiting and purging, convulsions and fainting, pulse small and frequent, delirium, dilated pupil, and stupor, cold sweats, and death.

Poisonous mushrooms may be distinguished from those that are not poisonous by their botanical qualities, and also by the following: The poisonous grow in wet and shady places, and have a nauseous and sickly odor, are softer and more open and porous, have a dirty-looking surface; sometimes a gaudy color, or many very distinct hues, particularly if they have been covered with an envelope; they have soft, bulbous stalks, grow rapidly, and corrupt very quickly. The better way for people that are not good botanists, is not to eat mushrooms of any sort.

*Treatment.*—The stomach and bowels are to be cleared by an emetic of ten grains sulphate of zinc, and the same quantity of ipecac, with plenty of warm drinks. Large stimulating injections are to be administered immediately, say soap suds, with a table-spoonful of spirits to each quart, as soon as the emetic has operated freely. Epsom salts should be given in

large doses until they operate, a table-spoonful once in two hours. After the poison is evacuated, fifteen drops of ether, with two or three tea-spoonfuls of brandy, may be given every half hour, or longer, as circumstances may require. But if inflammatory symptoms appear, stimulants should be omitted and appropriate means used to subdue the inflammation.

## ANIMAL POISONS.

## POISONOUS FISH.

Old wife, crawfish, land crab, yellow-billed sprat, gray snapper, hyne, dolphin, blue parrot fish, conger-eel, mussel, smooth-bottle fish, barracada, grooper, rock fish, Portuguese man-of-war, Spanish mackerel, king fish, bonetta, porgee, tunny, and blower.

*Symptoms.*—In a short time after eating the fish, a feeling of heaviness is felt at the stomach, and slight headache and dizziness, also a sense of heat about the head and eyes, some thirst, and often a rash appears on the skin, and in many cases death ensues.

*Treatment.*—Emetic, same as prescribed for mushrooms, with large quantities of warm water; after vomiting freely some active purgative should be given. Vinegar and water, well sweetened with sugar, should be drank freely after the emetic has operated, and the body should be sponged with vinegar and water. Also soda, or saleratus water, should be drank at intervals, but not within an hour of taking the vinegar. If spasms ensue after the opera-



tion of the emetic, laudanum or morphine should be given in large doses, once an hour, until they are relieved. If inflammation should occur, the usual means of removing that should be resorted to, the same as for inflammation after any other poison.

#### POISONOUS SERPENTS.

Copperhead, moccasin, horned viper, of Western Africa, viper, black viper, rattle-snake, five species, and water viper.

*Symptoms.* — Sharp pain in the wound, which soon extends over the limb, or whole body; great swelling, at first hard and pale, then red, livid and black, and like mortification in appearance; faintings, vomitings, convulsions, often jaundice, pulse small, frequent and irregular; breathing difficult; cold sweats; the eyes fail and the intellectual faculties are deranged; inflammation and sometimes extensive suppuration and mortification, followed by death.

*Treatment.* — First, tie a ligature tight above the wound to prevent the poison from going into the circulation; second, cut with a sharp instrument to the bottom of the bite, or bites, and wash the wound freely with warm water, made strong with ley, spirits of hartshorn, soda or saleratus, or any other alkalie that is handy; then apply cupping glasses, and draw out all the blood you can that way; then apply actual cautery, lunar caustic, or butter of anti-



mony; then cover the wound with lint, dipped in a mixture of equal parts of sweet oil and strong spirits of hartshorn; now remove the ligature if the limb is swelled much.

Give warm drinks, with small doses of spirits of hartshorn, say ten drops, once in two or three hours, to cause perspiration; the patient to be kept well covered in bed, and a little warm wine given occasionally. It is now strongly recommended to give the patients spirits enough to keep them drunk, and, if there are symptoms of mortification, I would advise this course. Arsenic has also been strongly recommended; this might do good from its tonic effects.

SPANISH, OR BLISTERING FLY, AND POTATOE FLY  
POISON.

*Symptoms.* — Nauseous odor of the breath, acrid taste, burning heat in the throat, stomach and abdomen, frequent vomiting, sometimes bloody, with large and bloody stools; severe pain in the stomach, painful and obstinate erections of the —, without any voluptuous idea, heat in the bladder, and constant desire to make water without the power to do so, frightful convulsions, delirium and death.

*Treatment.* — Vomiting to be excited by drinking sweet oil, sugar and water, milk and flax-seed tea very freely; injections of flax-seed or slippery elm tea should be administered freely; if symptoms of in-

flammation of the stomach, kidney or bladder supervene, they must be treated as directed in those cases. Camphor, dissolved in ether and sweet oil, may be rubbed over the belly and thighs.

#### VENOMOUS INSECTS.

Tarantala, scorpion, hornet, wasp, bee, gnat and gad-fly.

*Symptoms.* — In general, the sting of these insects occasions only a slight degree of pain and swelling; but sometimes the symptoms are more violent, and fever and sickness are produced by the intensity of the pain.

*Treatment.* — Hartshorn and oil may be rubbed on the affected part, and a piece of lint or rag, wet in the same, or in salt and water, may be kept upon it until the pain is removed. Five to ten drops of hartshorn may be given, once in two or three hours, in a little sweetened water, and a glass of wine may be taken occasionally. The sting can generally be removed by making strong pressure around it by the barrel of a watch-key.

#### SALIVA OF THE RABID DOG.

*Symptoms.* — After an uncertain interval from the time of the bite, pain or uneasiness is felt in the bitten part, though the wound may have been healed for a long time; languor, anxiety, uneasiness, spasms, horror, disturbed sleep, difficult respiration succeed,

and soon are very much increased; violent convulsions affect the whole body, hideously disturbing the muscles of the face; the eyes are red and protruded, the tongue swells and often hangs out, and viscid saliva flows from the mouth. There is pain in the stomach, with bilious vomitings, a horror of fluids, and difficulty of drinking them. All these symptoms grow worse and worse, until death mercifully relieves the victim.

*Treatment.* — It is more easily prevented than cured; it should be the law, violation of which should be punished by death, not to allow dogs to roam at large, at any time, unless securely muzzled.

It is not known that any case was ever cured, although accounts of cures have been published many times, and nearly every article of much power, known as a medicine, has been used, beside “mad stones,” charms, etc., etc.

Yet every case that comes within our knowledge dies; the cures are far off in some other country or state. The bitten part should be cut out whenever it is ascertained that a person has been bitten by a mad dog, even if the wound has completely healed; the part should then be washed with warm water, so long as it will bleed; then caustic should be applied to every part of the surface, and the wound covered with a poultice, and healed by the slow process of granulations. Nothing milder has the least chance of success, and there is nothing certain, even in this.

## CHAPTER XX.

### SARSAPARILLA SYRUP.

TAKE English sarsaparilla, six ounces; rasped guaiacum wood, two ounces; bruise the root, put into an iron vessel with four quarts of water, cover and boil gently four hours, so as to have two quarts when done; then strain, add one pound of loaf sugar, and one pint of pure spirits, also half an ounce of iodide of potassium. Dose, a wine-glassful three times a day.

This will do good more certainly than any of the many preparations of sarsaparilla that are advertised to cure so many diseases. It is useful in all diseases of the skin, and is valuable as an alterative when any remedy of that sort is necessary. It will stimulate the liver to action, and will also act as a tonic. I have for some years believed that nearly all its virtue was due to the iodide of potassium, and therefore have given that article alone, dissolved in water, one ounce of the potassium to a pint of water. Dose for an adult, a tea-spoonful three times per day before meals. I have used this remedy for several years in the place of calomel, and have found its action on the liver far more sure than that drug, but more slow.



The above, without the iodide of potassium, is father's recipe, and where he prescribes sarsaparilla syrup, that should be left out, unless he directs it to be put in.

ALTERATIVE TONIC AND EXPECTORANT SYRUP.

Lycopus (sweet bugle), half a pound; princess pine, half a pound; balm of Gilead buds, four ounces; uva ursi, half a pound; put the above ingredients into an iron vessel, with six quarts of water, cover it, boil gently two hours, then strain upon one pound of loaf sugar, let it cool, then add (if winter one pint, if summer one quart), pure spirits, one ounce of iodide potassium, and one ounce of essence of wintergreen. If there is not four quarts add water enough to make that quantity.

This is an excellent medicine when the lungs are weak, combined with a sore throat, and a general debilitated state of the system. Used in connection with mustard plasters over the chest every night, or some other external irritant over the sore spot, whether lungs or throat, I have known this syrup frequently to cure patients who had been told by several good physicians that their lungs were badly diseased.

Dose, a wine-glassful before each meal, and upon retiring at night.

## CASCARILLA BITTERS.

Cascarilla bark, two ounces ; cassia, half an ounce ; conella, two drachms ; pulverize ; put to a half pint of spirits ; let it stand twelve hours, shaking occasionally, then add a pint of water, and two ounces of white sugar. Dose, a table-spoonful or two before each meal. P. S.

This is an excellent tonic for any body, at any time, when a tonic is needed, particularly for a weak or "all gone feeling." It is valuable for women who are nursing, and feel debilitated thereby.

## COLIC, OR WINE BITTERS.

Winters' bark and anise seed, half an ounce of each ; aloes, one ounce ; ginger, once ounce ; powder separately, and put all into one and a half pints of pure spirits, and a half pint of syrup. Dose, from a tea-spoonful to a table-spoonful at bed time, once or twice each week, or when symptoms make it necessary it may be taken twice each day for a week or two ; the object being to take enough so that it will operate gently the next morning as physic. Persons troubled with wind in the stomach and bowels, causing pain, will find this an unfailing remedy. P. S.

## MEDICAMENTUM.

Rhubarb, one ounce ; socatrine aloes, half ounce ; ginger, half ounce ; pure spirits, half pint ; molasses,

half pint; pulverize; mix, and shake now and then for three or four days. Dose, from thirty drops to a table-spoonful, just enough, according to the age of the patient, to loosen the bowels as often as necessary, perhaps once in a week or two.

This medicine was sold largely, for three dollars per pint, under the name of "Dr. Roberts' Welch Medicamentum," a number of years ago. If given about once in two to four weeks to children, they will not be troubled with worms, or with any bilious disease. I know several families who have reared large numbers of children, without sickness, in consequence of using this remedy.

## SEDGWICK'S LINIMENT.

Aqua ammonia, twenty-three ounces; muriate of ammonia, two ounces. Put these together, and shake them until the muriate of ammonia is dissolved; then add alcohol, one quart; camphor gum, two ounces; laudanum, six ounces; oil origanum, two ounces.

This liniment was made by me, fifteen or twenty years ago, as an external application in a case of swelled leg, or what is called "milk leg," for a patient I had at that time; it operated like a charm; since then I have sold barrels of it, and have given the recipe to many friends. It has been used on horses, as well as on the human system; it is believed by hundreds who have used it for years to be the

best liniment ever compounded. The laudanum and camphor in it relieve pain ; the ammonia and alcohol reduce the inflammation ; the muriate of ammonia and origanum are the best absorbents known ; consequently, it is calculated to relieve pain, reduce inflammation and swelling, by promoting absorption ; it is *the* thing for sprains, bruises, pain, inflammation or swelling, on man or beast. Try it and you will not be without it. I have sold quarts of it for piles, the result of an accidental trial by one of my neighbors. I would not advise it in this disease ; it seems a harsh remedy to me, but hundreds have used it, and every one, as far as I know, reports it a success.

#### CURE FOR CHRONIC RHEUMATISM.

Gum myrrh, six ounces ; guiacum wood, one ounce ; aloes, one ounce ; balsam copaiva, one ounce ; oil sassafras, two ounces ; balsam peru, two ounces ; gum guiacum, two ounces ; alcohol, two quarts. Put the ingredients together ; let them stand ten days, shaking frequently. Dose, a tea-spoonful, morning and evening.

Chronic rheumatism frequently baffles the skill of the best physician ; what cures one will not another. It is not known what rheumatism is, or rather what is the cause of the pain ; there have been various theories in reference to it. It has been said that there was an exudation of some substance between the muscles or tendons, which, being a foreign sub-



stance, caused irritation and pain; by some that substance is said to be acid, and consequently alkalies should be given; others say it is an alkali, and acids should be given; others maintain that this theory is all humbug. The above remedy was prescribed by a noted physician of Philadelphia, and has proved a success in many cases. Inflammatory rheumatism I have treated as a misplaced intermittent, and with marked success. Give full doses of quinine bitters from the start, every two hours, and give morphine enough to keep the patient free from pain, or nearly so, every four to six hours a dose; from one-fourth to a grain at a dose, or more, if necessary; keep off the pain at all hazards, and opium in some form is the only sure remedy. Keep the patient quiet, and the quinine and stimulants will soon effect a cure; external applications are dangerous, and should seldom be used. I knew two patients with this disease killed in one day, through the influence of a thunder shower. They were both apparently doing well, but before the storm was over; they complained of pain about the heart; at the same time the swelling was fast leaving the part affected; the disease was translated or transferred, and in a few hours they were dead; one of these was a boy in Bloomingdale, under my care; the other was a young man at DeKalb, about twenty years old, son of an old friend. I happened there a few days after the death of the boy at B., and, upon

inquiry, found that the young man died about the same hour of the same day; that the storm was just about as severe there as at B.; and that all the circumstances were about the same. This was fourteen years ago, but ever since, if I have had a patient with inflammatory rheumatism, I have watched for and dreaded thunder storms.

#### THOMPSON'S NUMBER SIX.

Gum myrrh, half pound; capsicum, five drachms; pure spirits, five pints.

This is the genuine No. 6, or hot drops, so noted in the Thompsonian or Botanic practice. It is often valuable as a stimulant, and also as a counter-irritant. By adding opium to it, you have the basis of the numerous "Pain Killers," "Instant Relief," "Destroyer of Pain," etc., etc., that have flooded the country for the past ten or fifteen years. Perry Davis, although he himself died several years since, is still killing pain and coining money by selling this mixture of cayenne pepper, opium, and spirits.

#### SCROFULOUS PLASTER.

Sulphate of iron (copperas), two ounces; Armenian boll, two drachms; pine tar, one pint; strong beer, two pints; Venice turpentine, two drachms; digest these ingredients by a moderate heat, until about the consistence of tar, which will take about twenty-four hours. This should be spread upon

leather, and makes a very good dressing for a scrofulous sore or swelling.

P. S.

## SALT RHEUM.

This is a disease of the skin. Webster defines it "a vague and indefinite, popular name, applied to almost all non-febrile cutaneous affections which are common among adults, excepting ring-worm and itch." Women who wash dishes in cold weather are often subject to it. Some persons will be troubled with it in winter, and not in summer, and *vice versa*. Sometimes it is readily cured, but often it is very obstinate. The means of cure are to cease doing what caused it, if possible, and to cleanse the blood, if long-continued.

For this purpose take the sarsaparilla syrup, or the iodide of potassium, for several months, at the same time use an ointment made as follows:

Sulphate of copper (blue vitriol), and nitric acid, each two drachms; quicksilver, two drachms; put the nitric acid and quicksilver together; when chemical union has taken place, mix all the ingredients with one ounce of hog's lard; if it is still too thin, add more lard until it is of the consistence of salve. Wash the salt rheum once each day with soft water and Castile soap; when wiped dry smear over with the ointment.



## ITCH.

There are several varieties of this disease. The common itch of the Eastern States, and the prairie itch, are the kinds commonly seen. It need not be described; every person is familiar with it. I have known it to be in one school for the last eighteen years. If it has not been long in the system it will be easily cured.

Take Venice turpentine, four ounces; red precipitate, two ounces; fresh butter (not salted), twenty ounces; oil of turpentine, two ounces; warm the butter, *but not melt it*; when warm enough so that you can stir it easily, shake in the precipitate slowly and steadily, stirring it in the mean time; continue to stir for fifteen minutes, then add the turpentine in the same way, and stir fifteen minutes more. A little oil of cinnamon, or bergamot, or other perfume, may be added, if desired.

Take fine-cut tobacco, one ounce; sulphate of copper (blue vitriol), half ounce; boiling water, one pint; let it steep ten or fifteen minutes, then strain and bottle.

At bed time wash the patient thoroughly where there is any sore, with Castile soap and soft water, wipe dry, and wet with the wash, let that dry itself, then touch every sore place lightly with the ointment. Let clean under-clothing be put on every morning.



If the case is light this will cure it in a few days, but if it has been long-continued the blood must be cleansed by give full doses of iodide of potassium for two or three months. If the tongue is coated, and the patient feverish, quinine bitters must be given once in three hours through the day until these symptoms cease. This course will never fail to effect a permanent cure. Spirits turpentine alone will cure mild cases; so will spirits camphor. It is contagious, but only by actual contact. Children can be prevented from taking it by wearing a thread of woolen yarn, greased with this ointment, around the waist and each arm.

## SCALD HEAD.

This disease is chiefly confined to children; it is a troublesome and loathsome affection. It commences at the edge of the hair and behind the ears, and gradually spreads, until it covers the whole scalp, all forming one scab. It is easily cured by following the course prescribed for the itch. The iodide of potassium to be given about a week before using the wash and ointment. I have cured a great many very bad cases, in a few days, with this treatment, after good physicians had prescribed for them, without benefit, for months.

All chronic diseases of the skin in children are so near alike that the same course of treatment will answer for all alike.

## RHUBARB SYRUP.

Rhubarb, one ounce; Epsom salts, two ounces; ginger, half an ounce. Pour on to these one quart of boiling water, cover and steep half an hour; strain to one pound of loaf-sugar; let it cool, and add one-half pint spirits and one-half ounce of essence wintergreen. Dose for adults, one to two table-spoonfuls; for child one year old, one to two tea-spoonfuls. P. S.

## COUGH ELIXIR.

Ipecac, one drachm; bicarb. soda, half drachm; boiling water, four ounces; steep fifteen minutes and add paregoric, half an ounce, molasses, a table-spoonful; shake thoroughly together. P. S.

This is an excellent remedy for colds in children or adults, given in doses of from a tea-spoonful to a table-spoonful, the object being to give as much as the patient will bear without vomiting; after taking a dose or two you can tell just how much. If it is desired to use it for adults, and there is pain and soreness in the lungs, attended with irritating cough, add two grains of sulphate of morphine. It is better than any expectorant or cough balsam sold, and will not cost one-quarter as much.

## QUININE BITTERS.

Take quinine, thirty grains; water, one ounce; tartaric acid, thirty grains; shake until the quinine is dissolved, then add brandy or pure spirits, four ounces; loaf-sugar, two ounces; water, eleven ounces.

P. S.

If it is to be given for bilious diarrhœa or dysentery, use thirty drops of sulphuric acid in place of the tartaric acid.

It will be seen that a table-spoonful of these bitters contains just about one grain of quinine, consequently a table-spoonful is a common dose for an adult, and a tea-spoonful for a child from one to five years old. If a larger dose of quinine is desired, give it in powder. Often the stomach is in such condition that it will not dissolve quinine, consequently in all cases where the spirits can be borne, it is much more sure to give it in this form.

Alterative wash No 1. Four grains sulphate copper (blue vitriol), to one ounce of soft water.

P. S.

Alterative wash No. 2. Corrosive sublimate, one grain to one ounce of soft water.

P. S.

Alterative wash No. 3. Sulphate of copper, four grains; gum myrrh, four grains; fine-cut tobacco,

four grains, or in that proportion, to one ounce of soft water. Pulverize the ingredients, and pour on them the water, boiling hot; cover and let it steep fifteen minutes, then cool and pour off from the dregs or strain. P. S.

#### COMMON LINIMENT.

Spirits camphor, two ounces; laudanum, one ounce; aqua ammonia, F. F. F., one ounce; oil origanum, one ounce. Shake together. P. S.

#### NITRO-MURIATIC BATH.

Nitric acid, one ounce; muriatic acid, one ounce; soft water, two ounces; mix. Put one and one-half drachms of this to one pint of soft water, which makes the bath. If it does not produce a tickling or pricking sensation, add a little more of the mixture. It should be prepared in an earthen, glass or wooden vessel, as it will corrode iron or tin. Be careful not to get it on your clothes, as it will color or destroy them. P. S.

#### ANTIMONIAL OINTMENT.

Tartarized antimony and hog's lard, equal parts, mixed thoroughly together, and rubbed thoroughly on where you wish to make a sore. If it is desirable to produce sores immediately, the part should first be blistered, or nearly so, by strong mustard poultices. When pimples appear the ointment should be rubbed



between them, unless you wish to have a deep and lasting sore.

## MUSTARD PLASTERS.

I have found in my experience that very few persons know how to make a good mustard poultice. Take of corn meal a sufficient quantity, scald it until it is of the consistency of paste, or so that it will spread well; spread it upon a thick cloth, from a quarter to half an inch thick, then sprinkle it over thick with mustard, (have good strong mustard), then lay a thin piece of cloth over the mustard; now baste around the edges to keep the poultice from scattering in the bed; wet with vinegar the front or mustard side of the poultice, and lay the back on the stove or hot griddle to warm; apply it warm as possible without burning. Such a plaster as this will draw, if the mustard is good, in from fifteen minutes to half an hour. When it is desirable to apply the plaster every day it should be taken off before it blisters. For young children the mustard should be stirred in with the meal after it is scalded; it is not as strong after it is scalded. Wheat bran, or shorts, or even buckwheat flour, may be used, but meal is decidedly the best. Or a mustard plaster may be made by mixing clear mustard with vinegar.

Horse-radish leaves wilted and wet in vinegar, applied warm, will answer very well in place of a

mustard plaster; or the root of horse-radish, grated or pounded, and mixed with vinegar, will do as well.

#### CAMPHORATED OIL.

Take gum camphor, one ounce; ether enough to dissolve the camphor (one ounce is enough if it is strong); sweet oil, three ounces: shake well together.

This is a good remedy to use on the throat and chest in cases of croup, and in lung fever in children. Rub it thoroughly over the throat and chest two or three times daily. It is also an excellent remedy for chapped hands.

#### CAMPHOR ICE.

White wax, one ounce; spermaceti, one ounce; sweet oil, one ounce; melt these ingredients together, and, while warm, stir in as much strong spirits of camphor as will mix; keep stirring until cool. For chapped hands, or face, this beats any thing I ever saw. If the hands are bad, rub on as much as you can, heating it in, just before you retire for the night; put on a pair of kid gloves and wear until morning.

For chafed or raw places in children, use common starch, pulverized nut galls, or Peruvian or strong oak bark; let either of these be pulverized fine as flour, then tied up in a piece of old linen cloth and dusted on once each day, or as often as the parts are wet. Keep them washed clean with Castile soap and soft water.

## LIVER PILLS.

Beef gall, dried to the consistency of paste, blue mass, and quinine, equal parts by weight, pounded together and made into pills a little larger than a corrective pill. P. S.

## ALTERATIVE EYE WASH.

Blue vitriol, sixteen grains to a half pint of pure water, and a table-spoonful of honey. Wet the eyelids in this once or twice a day when there are granulations. P. S.

## DEWEE'S TINCTURE.

Take of best gum guaiacum in powder, two ounces; carbonate of soda, or potassa, one drachm and a half; allspice in powder, one ounce; diluted alcohol, one pound; digest for a few days. The dose is a tea-spoonful three times per day, to be gradually increased if necessary.

This tincture has been used for a long time as a remedy when there is derangement of the "monthly turns;" and also as a remedy in chronic rheumatism. Gum guaiacum, powdered fine, and mixed equal parts with sulphur, and taken, a tea-spoonful of the mixture in molasses, once or twice per day, is often beneficial in chronic rheumatism.

## EYE WATER.

Sugar of lead, four grains; sulphate of zinc (white vitriol), eight grains; tincture of opium, half ounce, (or two grains of morphine is better); the white of one fresh laid egg; put these ingredients to eight ounces of perfectly pure and soft water, in a bottle that will hold at least half a pint; shake steadily for half an hour, then let it stand and settle; pour off the clear liquid, which is now ready for use. P. S.

This is an excellent remedy for weak eyes, particularly after an attack of inflammation, but it should not be used when there is acute inflammation, attended with pain and fever; in such cases follow strictly the treatment prescribed for inflammation of the eyes.

## COUGH EMULSION.

Gum arabic, thick mucilage, three ounces; balsam copaiva, three ounces; loaf sugar, three ounces; mix these thoroughly together in one vessel; take another vessel and put therein half an ounce of ipecac, four ounces of water, four ounces of paregoric, and one ounce of loaf sugar; mix these thoroughly also; then put both together and stir or shake until all is thoroughly blended.

This is a very good medicine for cough, attended with soreness of the lungs. In the State of New York we used to make and sell large quantities of it.



It is not very pleasant to take on account of the balsam contained in it. P. S.

## COUGH PILLS, NUMBER ONE.

Sulphate of copper, fifteen grains; tart. antimony, fifteen grains; ipecac, forty grains; opium, forty grains; powdered squills, one hundred and forty grains; calomel, thirty grains; pulverize; mix and divide into one hundred and twenty pills; from one to two a dose. P. S.

When there is high arterial action, and calomel and antimony are indicated as admissable, this will be found an excellent cough remedy. We very seldom prescribe them in this climate.

## COUGH PILLS, NUMBER TWO.

Opium and ipecac, each, thirty grains; sulphate of copper and tart. antimony, each, eight grains; powdered squills, sixty grains; mix and make sixty pills.

These can be given for cough any time, and one pill is ordinarily a dose. P. S.

## COUGH PILLS, NUMBER THREE.

Gum ammoniacum, one hundred and eighty grains; sulphate of copper, four and a half grains; opium, twelve grains; mix and divide into thirty-six pills, and give one every eight hours. P. S.

These pills are particularly beneficial when the cough is attended with a copious expectoration, and it is desirable to check it. I have seen them operate like a charm in numerous cases of this nature.

#### SIMPLE COUGH PILLS.

Ipecac, eight grains; sul. morphine, one grain; mix thoroughly, and make eight pills. Dose, one as often as necessary to quiet cough.

These pills may be used under any circumstances where it is desirable to take an anodyne and expectorant combined to quiet an irritating cough.

#### CORRECTIVE PILLS.

Aloes and rhubarb, each one ounce; gum myrrh and Castile soap, each eight scruples; ginger, four drachms; tart. antimony, twenty-four grains; pulverize finely; mix with gum arabic mucilage to a proper consistence for making pills, and divide into three hundred and sixty pills. P. S.

No better stomach and laxative pill was ever made. They operate easily, without sickness, pain, or griping. As a laxative, from two to six is a dose. These pills alone have cured hundreds of cases of constipation of the bowels, proceeding from torpid liver. They do not debilitate.

## BILIOUS PILLS.

Take the ingredients prepared for the corrective pills, and add thereto three hundred and sixty grains of calomel, and one ounce of gum gamboge; make three hundred and sixty pills. P. S.

This makes a thorough, searching and energetic bilious pill, and operates as easily as any pill can that is as thorough and reliable as this. From two to four is a dose for an adult when an active cathartic is desired.

## ALTERATIVE POWDERS.

Cream of tartar, six drachms; calomel, six grains; tart. antimony, one grain; mix and divide into six powders. P. S.

## DOVER'S POWDER, OR FEVER POWDER.

Opium, finely pulverized, one drachm; ipecac, one drachm; nitrate potash (saltpetre pure), four drachms; pulverize and mix. This forms the regular "Dover's powder." But to make the Dover's powder, or fever powder, described in this work, take four drachms of gum camphor, pour upon it sufficient ether to completely saturate it, holding it in your hand; pulverize this finely and mix thoroughly with the three first articles. It should be kept in a close bottle.

We have used "Dover's powders" made in no other way for the last twenty years, except in some

few cases when camphor can not be taken. It is far superior to the common Dover's powder. P. S.

PREPARATION FOR DROPSY.

Sulphate of iron, two scruples; carb. potassa, one scruple; spirits of nitre, three drachms; squills, three drachms; tincture opium, seventy drops; essence wintergreen, half an ounce; tincture cantharides, half an ounce; pure water, six ounces. Dose, a large table-spoonful, morning and evening.

P. S.

This is *the best* medicine for dropsy that I ever used, no matter where the water is collected. It is an excellent remedy for old, fleshy persons, who are troubled with bloating of the feet, or for any person who is troubled with scantiness of urine or difficulty in making urine.

I had a patient, a fleshy old lady, who has kept this in the house for years, and takes a dose once or twice or more each week, as circumstances may seem to her to require.

When the dropsy is in the chest, the following may be used with much benefit: Squills, two scruples; pure sal. nitre (saltpetre), two hundred and fourteen grains; calomel, ten grains; Dover's powder, forty grains; mix and divide into twenty powders, and give one every four hours. P. S.



## ALDEN'S DROPS.

Muriate of ammonia, fifteen grains; corrosive sublimate, six grains; pure water, one ounce. Dose, commence with one drop three times per day, before meals; increase the dose one drop per day until six drops are taken each time.

This is a good alterative and promoter of absorption in cases of "ague cake," or chronic enlargement of the spleen.

## DIARRHŒA PILLS.

Sulphate of copper, twenty grains; opium, twenty grains; mix and divide into twenty pills. Dose, one once in four, six, eight or twelve hours, as often as necessary. If they produce much nausea, the dose may be lessened by dividing the pills; if they do not have the desired effect, the dose may be increased until two, or, perhaps, in obstinate cases, three may be taken. Three pills are calculated for chronic diarrhœa, in connection with tonics, and other proper remedies. The most severe and long-continued cases of camp diarrhœa have been immediately and permanently cured.

## LOTION FOR SWELLING CAUSED BY A BLOW.

Take muriate of ammonia, half an ounce; boiling water, three pints; cider vinegar, one pint. Put on several thicknesses of cloth wet in this solution, and

change them as often as dry. If the part bruised is very painful, one ounce of laudanum may be added to each pint of the lotion. This should not be used at first while there is active inflammation; use then spirits and water, say one pint of alcohol to six pints of water. But when the inflammation is subdued and the swelling left, use the lotion.

Such swellings, caused by bruises, must never be opened until suppuration has completely taken place, and the matter has fully formed. This lotion is excellent for reducing any swelling where there is not active inflammation. It promotes absorption better than any other remedy, except, perhaps, iodine. If it produces much irritation of the skin, it should be made weaker by adding more water.

#### PALPITATION OF THE HEART.

Colchicum, either the powdered seeds or the tincture, has been used for a long time for this complaint. Twenty drops of the tincture, two or three times per day, increased to thirty drops, or two grains of the powdered seeds, increased to ten or fifteen grains.

Almost any stimulant will relieve palpitation; ether, or spirits of any sort, may be used on the instant. See that the feet are warm and the circulation is equalized. Palpitation is caused sometimes by a sour and overloaded stomach; this will be relieved immediately by a table-spoonful of strong pepper sauce, followed by a tea-spoonful of soda or

saleratus, dissolved in a tumbler half full of water. Palpitation is often caused by debility; this is relieved by any stimulant. Persons who are troubled with "liver complaint" are subject to frequent turns of it, which often leads them to think they are the victims of "heart disease." It is only sympathetic; when the liver performs its functions there will be no more palpitation.

## STITCH IN BACK.

This comes on instantly; often the patient can not move. I have heard of its being cured by the patient lying down upon the floor, face down, and having some person tread on his back, immediately over the stitch, with his feet. It is sometimes cured immediately by pouring as much ether into the hollow of the hand as can be held; then apply the hand suddenly, and hold it tightly over the stitch until the ether is all evaporated; if one application does not succeed, try another. It may produce a blister, but that is preferable to the crick. It will wear off in a few days without any treatment, but it is very painful and annoying, and it "will pay" to cure it, if it can be done in either of these modes. Sedgwick's liniment, applied like the ether, will afford some relief.

## ELLMORE'S DYSPEPSY PILLS.

Take extract cicuta, Turkey rhubarb and ipecac, of each thirty grains; mix and make thirty pills, one of which is a dose, to be taken morning and evening. I do not advise these pills. They have been advertised and certified as a sure cure for dyspepsy.

Believing, as I do, that it is a symptom of a disease, and not a disease of itself, I think it should be treated upon general principles, and that probably no two cases would require the same treatment.

## TOOTHACHE.

When a tooth is so much decayed as to ache, it is generally best to have it extracted immediately; but as this can not always be done, and as it is not proper to do it at all times, I give directions for treatment. If it is caused by a cold, take four to six grains of Dover's powder; take plenty of warm drink; put something warm to the feet, and also over the face; cover up warm in bed, and take a sweat. Wet a little cotton in oil of cloves, spirits of camphor, laudanum, or Sedgwick's liniment, and fill the cavity, or put in a little opium or morphine, and cover it with a plug of cotton, or, if you wish to kill the nerve, put in a little kreosote, or white arsenic, and cover it with cotton. Holding spirits, or essence of peppermint, or almost any other essence, in the mouth, will sometimes relieve it.



Toothache, according to the London *Lancet*, can be cured by the following preparation of carbolic acid: To one drachm of collodium add two drachms of Calvert's carbolic acid. A gelatinous mass is precipitated, a small portion of which, inserted in the cavity of an aching tooth, invariably gives immediate relief.

## ESSENCES.

Take half an ounce of any of the oils of peppermint, cloves, wintergreen, cinnamon, spearmint, sassafras, etc.; add one pint of good alcohol, and you have immediately a pure essence. The various essences, as sold in the drug stores, are colored with some coloring matter; the only addition this makes is in the looks. They are more pure and better without it.

## BREAD AND MILK POULTICE.

This poultice is made by boiling crumbs of soft bread and new milk together, stirring at the same time, until they are of the right consistence to spread well. It is useful for the purpose of bringing boils and swellings to a head. This or any other poultice may be made anodyne by wetting the surface with laudanum or sprinkling it with morphine.

## LINSEED OR FLAX-SEED POULTICE.

This poultice is made by mixing linseed meal, made by grinding the seed with boiling water.

## CHLORINATE OF SODA POUTICE.

This is made by adding solution of chlorinated soda to a flax-seed poultice. It is useful in foul ulcers.

## SLIPPERY ELM POUTICE.

This poultice is made by adding boiling water to the ground bark, stirring constantly.

## CARROT POUTICE.

This is made by boiling the root of the carrot until it is soft enough to form a poultice. It is used in fetid ulcers.

## CHARCOAL POUTICE.

This is made by mixing finely powdered charcoal to any common poultice, as bread and milk, or flax-seed, or slippery elm. It is used as an antiseptic in foul ulcers.

## HEMLOCK POUTICE.

This is made by spreading soft extract of hemlock on a flax-seed poultice.

## YEAST POUTICE.

Take of wheaten flour, one pound; yeast and water, of each five ounces; expose to a gentle heat, and use when in a fermenting state. It is an antiseptic, a good application in bruises, and for the

bowels when inflamed, or to any part where there is danger of mortification ; in these last cases, powdered charcoal should be added.

#### STICKING SALVE.

Rosin, one pound ; bees-wax, two ounces ; tallow, one ounce ; lard, half ounce ; Venice turpentine, one drachm.

The above nearly resembles a salve known a number of years since as "Cook's Salve." It is useful spread upon cloth as an adhesive plaster. It is an excellent application for cracked hands. It is a good application for cows' teats when cracked.

White pine turpentine mixed with a sufficient quantity of lard to make it of the right consistence to spread easily, is also a valuable remedy for cracked hands. In warm weather it should be mixed about equal parts, but in cold weather it will need a great proportion of lard.

#### TO PREVENT HAIR FROM FALLING OFF.

Castor oil, two ounces ; sweet oil, one ounce ; common salt, two ounces ; alcohol, one pint. Shake every time you use it. Apply it once each day, rubbing it freely into the scalp.

ANOTHER TO PREVENT HAIR FROM FALLING OFF, AND  
ALSO A BEAUTIFUL DRESSING.

Castor oil, four ounces; glycerine, two ounces; tincture cantharides, two drachms; oil verbenas, one drachm; oil bergamot, two drachms; alcohol, nine ounces. Any other perfume may be used. This should be thoroughly rubbed in about the roots of the hair.

TO MAKE A NICE HAIR DRESSING.

Castor oil, two ounces; sweet oil, one ounce; oil of bergamot, two drachms; glycerine, one ounce; alcohol, enough to make one pint. You may add half a drachm, or one drachm, of oil verbenas, if you like; it will make a better perfume, or any other perfume you prefer.

CHEAP AND BEAUTIFUL HAIR DYE.

Take one drachm crystals nitrate of silver; six drachms spirits hartshorn; ten grains of tannin; mix the above, let them stand a day or two, then add one ounce of rain-water. Shake before using. After wetting the hair wait two or three minutes, then rub it dry with a coarse cloth. It will not stain the most delicate fabric after once becoming dry.



## APPENDIX.

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### ASSIGNMENT.

WHEREAS, S. P. Sedgwick, of Wheaton, DuPage County, State of Illinois, did obtain Letters Patent of the United States, for a Prescription for Scarlet Fever, Diphtheria, etc., which Letters Patent bear date the 14th day of April, A.D. 1868, and are numbered 76,832. AND WHEREAS, ———, of town of ———, in county of ———, in State of ———, did, on the ——— day of ———, A. D. 18—, purchase of said S. P. Sedgwick the right to use said prescription in h— family.

¶ THIS INDENTURE WITNESSETH, That for and in consideration of the sum of one dollar, to me in hand paid, the receipt of which is hereby acknowledged, I have assigned, sold, and set over, and do hereby assign, sell, and set over, unto the said ———, all the right, title and interest which I have in said invention, and secured to me by Letters Patent, to use in h— family, but not elsewhere, wherever his said family may reside in said United States. The same to be held and enjoyed by the said ———, for h— own use and of h— legal representatives to the full end of the term for which said Letters Patent are granted.

IN TESTIMONY WHEREOF, I hereunto to set my hand and affix my seal this ——— day of ——— 18—.

[SEAL.]

In presence of

## CERTIFICATES.

## Certificate of Parker Sedgwick, M.D.

I certify that I have practiced medicine and surgery over forty years in Oneida County, New York, and in DuPage County, Illinois; that I have treated thousands of cases of Scarlet Fever, Typhoid Fever, and Cholera Infantum, and hundreds of cases of Diphtheria, and have never lost a case with either disease where I was the attending physician, unless complicated with some other fatal disease.

PARKER SEDGWICK, M.D.

WHEATON, January 1st, 1868.

From Prominent Citizens of Bloomingdale, Du Page County, Illinois.

We certify that Parker Sedgwick, and S. P. Sedgwick, each practiced medicine in this town over twenty years, and that their success in all diseases was marked, and that in fevers of all kinds it was very great: We do not remember of either of them losing a patient with Typhoid Fever, Typhus Fever, Scarlet Fever, or Diphtheria, unless complicated with some other fatal disease, during the whole time. We further believe that implicit confidence can be placed in what they themselves say about it.

JOSIAH STEVENS, Constable.

GEO. F. DEIBERT, late P. M.

JOHN A. L. KINNE, Assessor.

H. B. HILLS, Town Clerk.

HIRAM MAYNARD.

DATUS N. ELLIS.

CHAS. J. SCHUTTS, Merchant.

Hon. E. O. HILLS.

C. A. MEREDITH, J. P.

BLOOMINGDALE, December 25th, 1867.

From the Successor of Dr. S. P. Sedgwick.

DEAR DOCTOR:—Understanding that some of your old patients in this place are contemplating a testimonial as

to your ability as a physician and character as a gentleman, I can not let the opportunity pass without expressing; both for myself as your successor, and the many families in which you have been for years the attendant, the universal esteem in which you are held by the citizens of this place.

For myself, because no day passes in which I do not hear expressions of confidence in your attainments and honesty of purpose, and that from persons not by any means disposed to award praise when undeserved. For your former patrons, because there are many scattered over your former ride who will not be able to take any part in the proposed testimonial, and who yet would be loth to allow the opportunity to pass and not be able to place themselves upon record in your behalf.

If, after so long a practice as you have enjoyed, I can look back upon as clean a record, I shall be both satisfied and proud.

With heartfelt wishes for your continued success, I am, as ever, your obedient servant,

CHARLES W. OLESON, M.D.

BLOOMINGDALE, ILL., December 16th, 1867.

From Col. R. M. Hough, Bloomington and Chicago.

I have been personally acquainted with Dr. Parker Sedgwick, and his son, Dr. S. P. Sedgwick, for over twenty years, and have employed them both in my family. Their reputation and success as physicians have been unsurpassed by any in the country. I have been more particularly acquainted with the practice of the father, and have known him frequently to be successful in curing diseases when other eminent physicians had failed.

R. M. HOUGH.

CHICAGO, December 26th, 1867.

From Hon. J. F. Farnsworth, Member of Congress,  
Second District, Ill.

I have been personally acquainted with Dr. S. P. Sedgwick, of Du Page County, for ten or fifteen years, and can cheerfully testify that his reputation as a physician is of



the highest order, and that his character for honor and integrity are beyond suspicion. J. F. FARNSWORTH.

From Gen. B. J. Sweet, former Commandant of Camp Douglas, at Chicago, Illinois.

I am personally acquainted with Dr. S. P. Sedgwick, of Du Page County, Illinois, and know that he has the confidence of the community in which he has resided for the last twenty years as a man of integrity, and as a physician whose practice has been attended with great skill and success. B. J. SWEET.

LOMBARD, ILL., October 13th, 1868.

Certificate of Dr. W. W. Sedgwick.

I studied medicine with Parker Sedgwick, M.D., over twenty years ago. I knew his treatment of Scarlet Fever, Cholera Infantum, Typhoid and Typhus Fevers, and used it in constant practice for over ten years. With it I have found those diseases as curable as measles or intermittent fever. W. W. SEDGWICK, M.D.

This will certify that Dr. S. P. Sedgwick has been my family physician for seventeen years. I have nine children who have been subject to all the diseases incident to such families, and have lost none. I would cheerfully recommend him as a successful practitioner of medicine, worthy of the confidence of all who require a physician.

H. S. HILLS.

BLOOMINGDALE, ILL., December 16th, 1868.

From Hon. H. C. Childs, Member of the 24th and 25th General Assembly of the State of Illinois, for DuPage County.

Having had some years' acquaintance with Dr. S. P. Sedgwick, and knowledge of his successful practice, I most cordially bear witness to his ability to treat upon the laws of health, and recommend any publication of his upon disease or its remedies to the careful perusal of all those who need light upon these subjects.

H. C. CHILDS.

WHEATON, October 12th, 1868.



From an old resident of Palatine, Cook County, Illinois.

This certifies that I have been acquainted with Dr. S. P. Sedgwick for about fifteen years. He has often been called into our neighborhood to attend patients supposed to be past help by other physicians, and by the neighbors. I never knew him to lose a patient in this neighborhood, nor did I ever hear of his losing a patient of Typhoid Fever, Diphtheria, or Cholera Infantum.

I believe the work he is preparing for family use will be of incalculable value to those who are so fortunate as to procure a copy.

M. S. JOHNSON.

PALATINE, January 8th, 1868.

From L. W. Van Doren, M.D., Ottawa, Illinois.

S. P. SEDGWICK—Dear Sir: Yours of the 13th has just come to hand, and contents noted.

I will give you a short statement in regard to the success I have had in the treatment of Malignant Scarlet Fever and Diphtheria. In the summer of '63, the Malignant Scarlet Fever and Diphtheria broke out in the public school at East Paw Paw in a very fatal form. The first patient I treated lived only fifteen hours. After death I called thirteen physicians, and we held a *post-mortem* examination, without arriving at any particular advantage. After that I treated one hundred and seventy-three cases; with all the advice I could obtain from authors and physicians, I lost seventeen of my patients. In the meantime I became perfectly discouraged. I then went to consult a celebrated physician, who advertised to cure the disease. I was soon convinced that his remedy (a secret one), would not do to depend upon, for I learned that many who used it died. I then went to Aurora and consulted with some of the most eminent physicians of that place, without receiving any new theory or treatment.

A gentleman who was accidentally present, informed me that your father treated the disease upon a different theory and was successful, and advised me to visit him. After convincing myself of your father's standing, I went to see him with something of the feeling of

despair, for I was fearful that my patients were destined to die without a suitable remedy. When I arrived at your father's house, I found him just ready to leave home to visit a patient. I made known to him my business. He invited me to remain until his return, when he would give me all the light he could upon the subject. I did so, and enjoyed my visit with him much, for it seemed to me I had at last found a remedy for the fatal disease, and so it proved. He sent me a treatise in writing on the subject. I believe it has been the means in the hands of Providence of saving much suffering and many lives. In fact, I did not lose another patient in East Paw Paw, nor since that time, unless they were in a dying condition when I was called. During a constant practice of four years in Pecatonica, I had many violent cases, and did not lose a single patient. I believe if it is used in time, it will save every patient afflicted with those terrible diseases. It operates like a charm, relieving the patient immediately. I also used the same treatment successfully in three cases of membranous croup. For proof of my successful treatment of those diseases, I would refer you to Rev. Edward Dada, pastor of the Congregational Church, and Rev. Mr. Hewit, Pecatonica, Ill., Rev. G. L. Wiley, Harvard, Ill., and numerous residents of Pecatonica. Believing this remedy is perfectly reliable, if used in time, I would recommend its use by all practicing physicians.

Truly yours, L. W. VAN DOREN, M.D.

From Rev. G. L. Wiley, Pastor Methodist Church.

S. P. SEDGWICK, M.D., Dear Sir: Your note requesting my testimonial respecting the practice of Dr. L. W. Van Doren in his treatment in the following diseases: Diphtheria, Malignant Sore Throat, Measles, Scarlatina and Typhoid Fever, is before me, and I now hasten to answer it.

I am happy to say, after three years of the most intimate acquaintance with Dr. L. W. Van Doren, and his practice as my family physician, that his treatment and remedies for the above named diseases are invaluable,

and have wrought almost miraculous cures in cases given up by other physicians. I am happy to recommend, especially as a providential discovery and infallible cure, the remedy for Diphtheria, Putrid Sore Throat, and all other kindred diseases. My little boy, six years old, was *severely attacked* with Scarlet Fever, and was restored almost as if by charm. He was also attacked by Typhoid Pneumonia, and all that saw him pronounced him beyond recovery, yet under the blessing of God and the above named remedy, he was perfectly restored. I can *heartily recommend* to all who may be afflicted with these *terrible diseases* your invaluable remedy. I could not sleep quietly without a package of it in my house. With it and the blessing of God I do not fear Diphtheria. Hoping that you may have abundant success, I am, indeed, your obedient servant,

G. L. WILEY.

HARVARD, ILL., Jan. 15, 1868.

Certificate of Rev. E. P. Dada, Pastor of the Congregational Church, Pecatonica, Winnebago Co., Ills.

DR. SEDGWICK—Dear Sir: I have received your letter, and am glad to have the privilege of certifying to Dr. Van Doren's success in such diseases as Diphtheria, Scarlet Fever, etc. He has treated the Diphtheria in my own family and in other families. And I do not think he lost a single case (if called in season) during his practice here of over three years. I can truly certify that it is the only remedy that can be relied upon for the cure of such diseases. The Doctor told me it was your father who gave him the recipe. Aside from my wishes for your personal interest, I consider myself in the discharge of a duty to the public in recommending to them the use of your invaluable medicine for the cure of Diphtheria, Scarlet Fever, and other diseases of a like form, as prescribed by Dr. S. P. Sedgwick, and I think no family should be without the remedy.

Yours truly,

E. P. DADA.

PECATONICA, Jan. 28, 1868.



From Prof. Elliot Whipple, Principle of the Academic Department of Wheaton College.

This is to certify that I have read carefully and with much interest the manuscript of a book by Drs. P. and S. P. Sedgwick, entitled, "*The House We Live in: How to Keep it in Order.*"

It gives an accurate description of the "ills that flesh is heir to," with the best remedies therefor, in plain, common-sense English, without using puzzling technicalities, and thus enables a person of ordinary intelligence to understand and treat successfully common diseases without calling in a doctor.

It gives valuable hints in regard to sending for a physician (when this *last resort* becomes necessary), and exposes many of the humbugs and tricks practiced both by quacks and regular physicians, and shows up the methods of deceiving the public, which even honest doctors think it necessary to make use of, in order to keep up their reputation. I consider it the most necessary and valuable book that a family, liable to the diseases of the West, can purchase. ELLIOT WHIPPLE,

Principal Academic Dept., Wheaton College.

WHEATON, ILL., Oct. 8, 1868.

We, the undersigned, county officers of DuPage county, in the State of Illinois, do most cheerfully give testimony to the fact that Parker Sedgwick and Sherman P. Sedgwick, who are old residents of said county, have and maintain a very high standing and reputation as practicing physicians and surgeons, and as men whose characters for integrity and honorable dealing are above suspicion, and we cordially recommend them as gentlemen in whose statements the public may safely place confidence.,

S. F. DANIELS, Co. Judge.

F. J. T. FISCHER, Co. Clerk.

W. M. WHITNEY, Circuit Clerk.

DAN. N. GROSS, Co. Treasurer.

C. W. RICHMOND, Co. Superintendent.

PHIL. STRUBLER, Sheriff.

J. M. VALETTE, Co. Surveyor.

NAPERVILLE, Dec. 27th, 1867.



I certify that I have known Parker Sedgwick, M.D., by reputation for more than twenty years, and I fully concur in the statement made above in reference to him by the county officers of DuPage county, and that I have, during said time, been personally acquainted with Dr. S. P. Sedgwick, and upon terms of intimacy with him, and from my own knowledge said statement is true as to him. I further state that some ten years ago he prescribed for my son, who had suffered from Epilepsy for many years, and that he was perfectly cured by said prescription, and I am informed and believe that the same prescription has cured every case of Epilepsy in which it has been used.

JAS. J. HUNT,

Late Sheriff of DuPage Co., Ill.

NAPERVILLE, Dec. 27, 1868.

Dr. S. P. SEDGWICK, Wheaton, Ill.

My Dear Sir : I have just been informed that you contemplate publishing in plain English, a work giving the symptoms and proper treatment of all ordinary diseases. Having known you for the last twenty-five years, I rejoice that you have concluded to make public the manner in which you have treated Fevers, including Scarlet Fever, Diphtheria, Cholera Infantum, etc., etc., with such astonishing success.

There is no person within my acquaintance better qualified to write upon or give instruction in such matters. Allow me to say that I believe you could confer no greater benefit upon your fellow-beings, or leave to the world at large a greater legacy than you would by publishing such a work. It would be a necessity in every household, and be the means of relieving much distress, and saving thousands of the lives of our fellow-beings.

Yours truly,

E. F. COLBY, Attorney-at-Law.

Office, 134 LaSalle Street.

DR. S. P. SEDGWICK—Dear Sir: I am glad to hear that you are about to publish a work, in the English language, upon disease and its proper treatment. Knowing your extraordinary success in treating disease, I deem it

a pleasant duty to advise every body, who would know the truth about medicine, to purchase a copy of your book. It can not fail to be of great value to the human race.

Very respectfully yours, W. F. JOHNSON.  
MORRISON, ILL., June 23rd, 1868.

The undersigned, citizens of Naperville, Illinois, who have known Parker Sedgwick, and Sherman P. Sedgwick, personally and by reputation for more than fifteen years, as practicing physicians and surgeons, do cheerfully recommend them to the public as men not only of skill and science, but of known probity and integrity, in whose personal and professional statements and representations the public may safely confide.

WILLARD SCOTT, Banker and Merchant.  
H. H. CODY, late County Judge.  
C. M. CASTLE, late County Clerk.

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